



INDIAN-SPICED KALE & CHICKPEAS

Active Time: 15 minutes Total Time: 25 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)
- 1 cup reduced-sodium chicken broth, or vegetable broth
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garam masala
- 1/4 teaspoon salt
- 1 15-ounce can chickpeas, rinsed

Preparation

Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1 to 2 minutes.

Makes 4 servings, $\frac{3}{4}$ cup each.

Per serving: 202 calories; 5 g fat (1 g sat , 3 g mono); 1 mg cholesterol; 32 g carbohydrates; 0 g added sugars; 9 g protein; 6 g fiber; 415 mg sodium; 499 mg potassium.

Recipe Adapted from Eating Well magazine, October/November, 2005