

## Curried Chick Peas (serves 8)

FLT (per serving): 1.5 legumes, 1 oil, unlimited category 1 vegetables

206 calories, 28 g carbohydrates, 6 g protein, 8 g fat

3 tbsp. olive oil  
2 medium sized onions, peeled and minced  
8 cloves garlic, peeled and minced  
3 tbsp. fresh cilantro leaves, chopped  
2 tsp. ground cumin seeds  
¼ - ½ tsp. ground cayenne pepper  
1 tsp ground turmeric  
2 large fresh tomatoes, finely chopped and skinned (or canned tomatoes)  
1 green pepper, chopped  
2 20-oz. cans chickpeas, drained (or 4 ½ - 5 cups freshly cooked)  
2 tsp. ground roasted cumin seeds  
2 tsp. sweet paprika ½ tsp. salt (or to taste)  
1 tbsp. or more lemon juice  
1 fresh, hot green chili, minced (use more for a hotter version)  
2 tsp. very finely grated fresh ginger

1. Heat oil over medium heat in soup pot or Dutch oven.
2. Put in minced onion and garlic and stir-fry until rich in color.
3. Turn heat to medium-low and add ground cumin (not the roasted cumin), cayenne and turmeric.
4. Stir for a few seconds and then add cilantro, green pepper, and tomatoes.
5. Stir-fry until the mixture is well mixed.
6. Add the chickpeas and 1 cup water.
7. Stir and add roasted cumin, paprika, salt and lemon juice.
8. Stir again, cover, turn heat to low, and simmer for 10 minutes.
9. Remove cover and add green chili and ginger.
10. Stir and cook for another 30 seconds.
11. Serve immediately or refrigerate and reheat before serving.