

Quick Coconut Curry with Chickpeas and Spinach

Yield: 25
Serving Size: 1
Portion Size: Approximately 1 cup
Recipe View: Public
Recipe ID: 3856
Status: Approved
Contributed By:

Tags: > Entrée > Vegetarian > Dairy-Free > Asian Cuisine > Caribbean Cuisine > Indian Cuisine > Good Source of Fiber > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

- >> 62/3 tbsp(s) extra virgin olive oil
- >> 6 large garlic cloves, minced
- >> 62/3 tbsp(s) curry powder
- >> 31/3 tsp(s) ground ginger
- >> 11/2 tsp(s) ground cayenne pepper
- >> 6 medium tomatoes, diced
- >> 6 Item 15-oz. cans chickpeas, drained and rinsed (see notes section)
- >> 6 Item 6-oz. packages baby spinach
- >> 6 Item 14-oz. cans lite coconut milk

Nutrition Facts

Serving Size 1 (Approximately 1 cup)

Amount Per Serving

Calories 194 Calories from Fat 97

% Daily Value *

Total Fat 11g 17%

Saturated Fat 5g 27%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 174mg 7%

Carbohydrate 20g 7%

Dietary Fiber 6g 24%

Sugar 4g

Protein 7g 14%

Vitamin A 59% • Calcium 8%

Vitamin C 27% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. Heat olive oil in a large pot or skillet over medium heat.
- >> 2. Add garlic to pot or pan and saute until fragrant, about 30 seconds, stirring constantly.
- >> 3. Stir in spices and cook, stirring constantly, until fragrant (about 1 to 2 minutes).
- >> 4. Add tomato to skillet and cook until tomato is slightly softened and a sauce has formed (about 5 minutes).
- >> 5. Stir chickpeas, spinach and lite coconut milk into tomatoes.
- >> 6. Simmer until spinach is wilted and everything is heated through (about 5 minutes).
- >> 7. May be served over cooked brown or white rice or another grain (quinoa, bulgur, basmati rice, etc).

Requirements

- >> The NYC Food Standards require that canned/frozen vegetables contain <=220 mg sodium per serving.