Chana Masala (Spicy Chickpeas) with Watercress  
The inclusion of curry, coriander, cumin and garam masala spices make this dish a great option for those with circulatory and weight loss concerns.  
serves 4

Ingredients  
3 tbsp olive oil  
2 cloves garlic, minced  
1/2 onion, diced  
1 can (16 oz) chickpeas (also called garbanzo beans), or 1 1/2 cups cooked chickpeas plus 1/2 cup water  
2 tbsp lemon juice  
1/2 tsp curry powder  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
1/2 tsp garam masala  
1 large bunch or 2 handfuls fresh watercress, trimmed

Preparation  
1. Heat the oil in a large skillet or saute pan over medium heat. Add the onion and garlic, and saute until soft, 3 to 5 minutes. Add the chickpeas straight from the can, including all the liquid. Add the lemon juice and spices, cover, and simmer, stirring occasionally, adding more water if needed, until the chickpeas are browned and soft, 10 to 15 minutes.  
2. Reduce the heat, add the watercress, and cover. Cook until the watercress has wilted, 2 to 4 minutes. Serve immediately.