

## Everyday chickpea curry

When you're cooking more and shopping less, you'll appreciate this quick and easy vegetarian curry that features pantry staples.



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You'll appreciate this as a way to use up pantry items that should be rotated on a regular basis. You may choose to add more fresh or frozen vegetables, such as broccoli, green beans, or cauliflower. This dish can be a dinner, out-of-the-ordinary family lunch, or you can reheat the leftovers for a quick work-from-home lunch.

This dish, adapted from [A Beautiful Plate](https://www.abeautifulplate.com/everyday-chickpea-curry/) (<https://www.abeautifulplate.com/everyday-chickpea-curry/>),

is naturally dairy- and gluten-free. It also features several spices with antioxidant and potential immune-boosting properties, including ginger, garlic, and turmeric. While it is difficult to prove the effect of specific spices or spice components on health, we can always enjoy them for the depth of flavor and wonderful aroma they add to our meals.

**Servings:** 2

**Prep time:** 10 minutes

**Cook time:** 30 minutes

## Ingredients

1 tablespoon olive oil

1 medium yellow onion, diced

2 cloves garlic, finely chopped

2 teaspoons finely chopped fresh ginger or 1 teaspoon ground ginger

1 teaspoon curry powder

1/2 teaspoon turmeric

1 teaspoon coriander

1 teaspoon cumin

1 15-ounce can no-salt-added crushed tomatoes

1 15-ounce can no-salt-added chickpeas, drained and rinsed well

1/2 cup light coconut milk

1 cup fresh baby spinach leaves, loosely packed, or 1/2 cup canned/frozen spinach

1 teaspoon lime juice (fresh or bottled)

1/4 cup cilantro leaves, roughly chopped, or 2 tablespoons dried cilantro

Ground black pepper, to taste

Salt, to taste

## Directions

1. Heat the oil in large skillet over medium heat. Add the onion, salt lightly, and sauté for 8 to 10 minutes, stirring occasionally, or until the onion is very soft and translucent. Add the garlic and ginger, and sauté for an additional minute or so. Add the spices and sauté, stirring constantly, for 30 seconds.
2. Add the crushed tomatoes, chickpeas, and coconut milk and bring to a very low simmer. Cook for 10 to 15 minutes. Add the spinach leaves and stir to combine. The heat of the mixture will wilt the spinach quickly.
3. Stir in the lime juice and chopped cilantro. Season to taste with salt and pepper. Serve with brown rice.

Note: Nutrition information does not include added salt.

## Nutrition information (per serving)

Calories: 400

Total fat: 14 g

Saturated fat: 3.5 g

Trans fat: 0 g

Cholesterol: 0 mg

Sodium: 330 mg

Total carbohydrate: 52 g

Dietary fiber: 16 g

Total sugars: 16 g

Protein: 16 g