



ENJOY THE FLAVORS OF INDIA

Many staples of the Indian diet are great for your health, including—fresh vegetables, beans, rice, and other whole grains. The spices commonly used in Indian cooking, such as curry, tumeric and coriander, result in foods with layers of fabulous flavor.

Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Chole (also known as chickpea curry) is a vegetarian dish from North India that uses chickpeas as its main ingredient. It's a great low-cost way to add a healthy vegetarian dish to your family's meal that is high in protein, fiber, and nutrition.

CHICKPEA CURRY

Ingredients:

- 1 (16-ounce) can chickpeas, drained and rinsed*
- 1 onion, diced*
- ¼ teaspoon ginger powder
- 5 garlic cloves, minced
- 2 teaspoons curry powder
- 1 to 2 tablespoons water
- 1 medium tomato, diced*
- 2 tablespoons olive oil
- 2 tablespoons water



Directions:

1. In a large skillet or saucepan, sauté onions in olive oil for 3 minutes.
 2. Add ginger, garlic and curry powder. Stir and cook for 1 to 2 minutes.
 3. Add chickpeas and 1 tablespoon of water.
 4. Cook and stir about a minute.
 5. Add tomatoes and cook for 5 minutes, stirring gently.
 6. Add 1 tablespoon of water if mixture seems dry or is sticking to pan.
- Serve with brown rice, if desired.

Yield: 2 servings

Nutrition Information (per serving):

Calories 437.5; Fat 16 grams; Sodium 670 milligrams; Fiber 12 grams

*WIC supplemental food

