

Curried Potatoes and Chickpeas

Makes 10 1-cup servings

Serve this spicy dish with Brown Rice (see recipe) and Cucumber Salad (see recipe).

1 tablespoon olive oil (change to spray OO pam to sauté)
2 large onions, chopped
1 tablespoon cumin seeds
1 teaspoon fennel seeds
4 potatoes
1 15-ounce can crushed or ground tomatoes
1 15-ounce can chickpeas, undrained
1 teaspoon turmeric
1 teaspoon ground coriander
1/2 teaspoon ground ginger
1/4 teaspoon cayenne pepper
1/2 teaspoon salt

Heat oil in a large pot, then fennel and cumin, add onions after a minute. Cook over high heat, stirring often, until onions are soft, about 5 minutes.

Scrub potatoes and cut into 1/2-inch cubes. Add to onions, along with tomatoes, beans and their liquid, turmeric, coriander, ginger, cayenne, and salt. Bring to a slow simmer, then cover and cook, stirring occasionally, until potatoes are tender, about 25 minutes.

Per 1-cup serving

- Calories: 143
- Fat: 2.5 g
- Saturated Fat: 0.3 g
- Calories from Fat: 15.7%
- Cholesterol: 0 mg
- Protein: 4.7 g
- Carbohydrates: 27.1 g
- Sugar: 3.2 g
- Fiber: 4.7 g
- Sodium: 220 mg
- Calcium: 57 mg
- Iron: 3.2 mg
- Vitamin C: 15.3 mg
- Beta Carotene: 54 mcg
- Vitamin E: 0.7 mg