CURRIED CHICKPEAS & SPINACH

SERVINGS: 4 (1 CUP EACH)  
PREP TIME: 5 MIN  
COOK TIME: 20 MIN  
TOTAL TIME: 25 MIN

INGREDIENTS
- 2 Tbsp oil (olive, vegetable or canola)  
- 1 yellow onion, diced  
- 2 cloves garlic, minced  
- 1 inch fresh ginger, grated (sub 1 Tbsp ginger paste or 1/4 tsp ground)  
- 1 1/2 Tbsp curry powder  
- 8 oz. spinach, fresh or frozen (about 7.5 cups fresh or 3 cups frozen)  
- 1/4 cup water (if using fresh spinach)  
- 1 15oz. can tomato sauce  
- 2 15oz. cans chickpeas, drained and rinsed

DIRECTIONS
1. Heat oil in a large skillet over medium heat. Add onion, garlic and ginger and sauté for 3-5 minutes, until the onions have softened and become fragrant.
2. Add curry powder and sauté with the onion mixture for another minute. If using fresh spinach, add 1/4 cup of water and cook, stirring, until spinach has cooked down (wilted).
3. Stir in chickpeas and tomato sauce. Cook for 5 minutes, stirring occasionally. Serve with naan, chapatti, or rice.
4. Store leftovers in the fridge and enjoy within 5 days.

Recipe sourced from budgetbytes.com

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