

Curried Chickpeas & Gingered Black Beans

Hands-on - 30 min.

Serves 4

Ready for a new twist for the old tastebuds? You know, I never thought I liked curry and avoided every recipe with it. What a mistake! The ginger and curry are awesome together and the presentation is beautiful. Try it!

Menu

*Curried Chickpeas and
Gingered Black Beans*

Brown Rice

Broccoli & Carrots

Lemon Sorbet

1/2 cup *Uncle Bens's whole-grain instant brown rice, dry* Place in microwave-safe dish.
1 cup *water*

1 head *broccoli (cleaned & cut into florets)* Add to rice. Cover, place in microwave and cook on high until tender,
12 *baby carrots* about 10 minutes.

1 small *onion* Cut onion into small wedges. Heat oil over medium-high heat in large nonstick skillet.
1 T *olive oil* Add onion and spices. Cook 2 minutes.
2 tsp *ginger (fresh grated is best)*
2 tsp *curry powder*

1 can *(14½ oz) diced tomatoes, no salt added* Add to skillet and simmer 5 minutes.
1 can *(15 oz) chickpeas, rinsed and drained*
1 can *(15 oz) black beans, rinsed and drained*
1/3 cup *chopped fresh parsley (opt)*

1 T *lemon juice (opt)* Stir in just before serving.
Serve bean mixture over the rice and vegetables.
Try a small scoop of lemon sorbet for dessert.



Nutrition information for approximately 1 cup bean mixture over 1/2 cup rice with 1 cup vegetables

Calories	386	Fat	7 g	Fiber	18 g	Sodium	573 mg	Total Carbohydrate	66 g
Calories from Fat	15%	Saturated Fat	0.5 g	Cholesterol	0 mg	Protein	18 g	Sugars	8 g