



Cauliflower Chickpea Masala



Ingredients

Adapted from *Budget Bytes*

- 2 Tbsp. garam masala
- 1/2 tsp. cumin
- 1/2 tsp. turmeric
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne
- 1/2 tsp. ground ginger
- 1/2 tsp. salt
- Pepper, to taste
- 1 onion, diced
- 3 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 15 oz. can tomato sauce
- 1 head cauliflower, chopped into bite-sized pieces
- 1 15 oz. can chickpeas, drained (1 1/2 cups cooked)
- 1/4 cup water
- 1/3 cup milk (preferably canned coconut)



Directions



Yield: 5 servings **Serving size:** 1 cup **Total cost:** \$8.19 **Serving cost:** \$1.64

1. In a small bowl, combine spices all of the spices (the garam masala through the pepper).
2. Add onion, garlic, and olive oil to large skillet and sauté over medium heat until onions are translucent (about 3 min). Add spice mix and sauté for an additional 5 min.
3. Add cauliflower, chickpeas, tomato sauce, and water to skillet. Stir to combine, then simmer over medium-low heat for about 15 min.
4. Turn off heat and stir in coconut milk. Serve with brown rice, roti, paratha, or naan.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



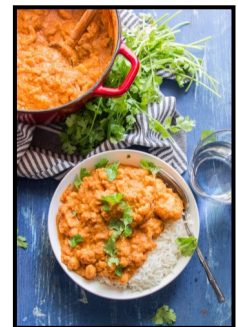
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Fast Facts



Featured Food Groups






Cooking Tips



- Make your own garam masala:
 - 2 tsp. cumin
 - 1 1/2 tsp. cardamon
 - 1 tsp. coriander
 - 1 tsp cinnamon
 - 1/4 tsp cloves
 - 1/4 tsp pepper
- To reduce spice, omit cayenne.
- This recipe can still be made if you do not have all spices.
- 1 head cauliflowers measures to 12 oz. cauliflowers or 5 cups florets.
- If using frozen cauliflower, add before chickpeas and thaw in sauce.

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0.2mcg	0%
Calcium 65mg	4%
Iron 2.34mg	15%
Potassium 564mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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