

Chickpea & Spinach Curry

Serving Size: ¼ of recipe | Servings per Recipe: 4 | Healthy



INGREDIENTS

- 1 can low-sodium chickpeas, drained
- 1 can diced tomatoes
- 2 cups fresh or frozen spinach
- 1 tablespoon oil
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- Salt & pepper to taste

DIRECTIONS

- Heat oil in a pan over medium heat.
- Add tomatoes, chickpeas, and spices.
- Simmer 10 minutes.
- Stir in spinach and cook until wilted or warmed through.
- Serve alone or over brown rice.



Calories per serving: 190 kcal | 6 g total fat | 28 g total carbohydrates | 8 g protein