

# Chickpea and Spinach Curry with Brown Rice

SERVES 4

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## Ingredients

### FRESH PRODUCE

1 **small onion** | **diced**

### FROZEN PRODUCE

10-ounces **frozen spinach**

### PANTRY

1 15-ounce can **chickpeas/garbanzo beans** | **drained and rinsed**

1 15-ounce can **diced tomatoes**

### SPICES AND OILS

2 tablespoons **olive oil**

½ teaspoon **ground ginger**

1 ½ teaspoons **curry powder**

½ teaspoon **salt** (optional)

### DAIRY

4 tablespoons plain **Greek yogurt** (optional)

### GRAINS

2 cups cooked **brown rice**.

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rice recipe  
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## EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pan



Measuring cups

### MIX IT UP AND MAKE IT YOUR OWN

- Feel free to swap in different frozen or fresh vegetables. Broccoli and cauliflower or green peas and carrots are great alternatives.
- Chickpeas are a common ingredient in curries, but if you do not like them or do not have them on hand you can easily substitute a different bean.
- It is great to eat at least a few meatless meals a week. It is good for your health and your wallet. If you would like to swap out the chickpeas for ground chicken or turkey, that is certainly an option for this dish.
- This recipe features curry as the main spice, but if you do not like curry, feel free to swap that out for your favorite spices. Garlic powder and cumin can replace the curry powder and ginger.

