



# CURRIED CHICKPEAS WITH SPINACH

**MACROS | SERVING SIZE**  
Protein 17g | Fat 27g\* | Carbs 74g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 577 | Protein 17% | Fat 40% | Carbs 48%

**NUTRIENTS | SERVING SIZE**  
Fiber 14g | Sodium 420mg | Sat. Fat 18g

## INGREDIENTS (SERVES 4)

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|--|---|
| 1-12-14 oz. can of coconut milk (unsweetened)            | ¼ tsp. salt                               |
| 1-15-16 oz. can of chickpeas, low sodium                 | 1 tbsp. olive oil                         |
| 115 oz. can tomato sauce, no added salt                  | 1 tsp. garlic powder                      |
| 20 oz. frozen chopped spinach<br>(thawed and patted dry) | 1 ½ tbsp. curry                           |
| ½ medium onion, diced                                    | ¼ tsp. cinnamon (optional)                |
| 1 medium sweet potato                                    | 1 tsp. dried red pepper flakes (optional) |
|  | 1 cup instant brown rice                  |

## DIRECTIONS

Peel and dice the sweet potato. Place in microwave safe dish. Add two tablespoons of water, cover and microwave for 5-6 minutes, until fork tender.

Meanwhile, begin cooking the rice according to package directions.

While the rice is cooking, bring the olive oil to temperature over medium heat in a large skillet. Add the onions and spices and cook over medium-high until the onions begin to become soft (about 3 minutes). Toss the onions while cooking with a spatula, to prevent burning.

Add the sweet potato, the spinach, and canned products. Bring to a boil, stirring constantly. Turn heat down to medium, cover and let simmer for about 10 minutes for the flavors to blend. Stirring occasionally.

Serve the dish by placing 1/4th of the cooked rice on a plate or in a bowl and topping with 1/4th of the curried chick peas and spinach.

## DIETITIAN TIPS

Aim for 2 or more meatless meals a week by using plant-based protein food sources to meet your needs.

The current Dietary Guidelines for Americans 2020-2025, has established recommendations on the number of servings of various types of protein foods that should be consumed to meeting nutritional needs. The protein foods group is made up of foods from both animal and plant sources and within these sources are sub-groups. In addition, the legumes that are part of the vegetable group are also to be considered protein foods.

Based on the same calorie level used for the Nutrition Facts Panel (2,000), the Guidelines recommends the following:

Meat, Poultry Eggs (oz/wk.) 26

Seafood (oz/wk.) 8

Nuts, seeds, Soy products (oz/wk.) 5

Legumes (cup/wk.) 1 ½

Americans generally do not have an issue with consuming enough total protein to meet the total nutritional need for protein. The issue is that meeting the recommended number of servings for each subgroup. However, it is best to meet nutritional needs for protein via a variety of sources as this will assist with keeping fat and calorie intake in check while also assisting with meeting key vitamin and mineral needs along with assuring adequate fiber.

Gram for Gram, protein from animal sources tend to be the most expensive. To save a little on the budget while upping the nutrition quality of your diet, aim to bring your overall protein intake in line with the above recommendations. This meal provides an economic, quick source of protein.

