Chickpea and Spinach Curry

Ingredients:
- 2 Tbsp. margarine or butter
- 2 medium onions, peeled and finely chopped
- 2 cloves garlic, minced
- 2 tomatoes, chopped
- 3 Tbsp. flour
- 3 Tbsp. curry powder
- 2 c. vegetable stock
- 2 c. chickpeas
- 2 c. spinach, loosely chopped
- ½ c. seedless raisins, soaked in warm water.

Directions:
- Heat margarine in a large skillet. Add onions and sauté until golden. Add garlic and tomato. Cook over low heat until tomatoes are soft. In a small bowl, combine flour and curry powder; stir into onion mixture. Cook to blend into thick paste. Using medium heat, gradually add stock, chickpeas and spinach stirring often. Add raisins and cook to desired thickness. Serve over rice or white fish.

Makes eight servings. Per serving: 150 calories, 2 grams (g) fat, 6 g protein, 27 g carbohydrate and 240 mg sodium.

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“Pulses: The Perfect Food”
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