CAULIFLOWER & CHICKPEA MASALA

Makes 4 servings, each ½ cup

**Ingredients**

**Masala Spice Mix:**
- 2 Tablespoons garam masala
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon smoked paprika
- ½ teaspoon salt
- Pinch black pepper

**Skillet Ingredients:**
- 1 yellow onion
- 3 cloves garlic
- ½ Tablespoon grated fresh ginger
- 2 Tablespoons olive oil
- 12 ounces frozen cauliflower florets
- 1 - 15 oz can chickpeas
- 1 – 15 oz can tomato sauce
- ¼ cup water
- ½ can low fat coconut milk
- Salt, to taste

**Directions**

1. In a small bowl, combine the spices for the masala spice mix.
2. Finely dice the onion, mince the garlic, and grate the ginger. Add all three to a large skillet along with the olive oil and sauté over medium heat until the onions are soft and translucent (about 3 minutes).
3. Add the spice mix and continue to sauté for 1 more minute.
4. Add the frozen cauliflower florets to the skillet, and continue to sauté for about 5 more minutes or until the cauliflower have thawed and are completely coated in spices.
5. Add the drained chickpeas, tomato sauce, and ¼ cup water to the skillet. Stir to combine, then allow them to simmer over medium-low heat, stirring occasionally, for about 15 minutes. If it becomes too dry, add a couple more tablespoons of water.
6. After the sauces has simmered for 15 minutes, turn off the heat and stir in the coconut milk. Give the masala a taste and add salt as needed.

**Tips:**

Chickpeas are a great source of protein and fiber! A can of chickpeas has 21 grams of protein and 14 grams of fiber.

Serve with quinoa instead of rice or pita bread to add more plant-based protein to the meal!

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>250</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>11g</td>
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<tr>
<td><strong>Saturated Fat</strong></td>
<td>3g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>690mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<td><strong>Dietary Fiber</strong></td>
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<tr>
<td><strong>Total Sugars</strong></td>
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</tr>
<tr>
<td><strong>Includes 0g Added Sugars</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
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Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Recipe adapted from: https://www.budgetbytes.com/easy-cauliflower-and-chickpea-masala/