

## CAULIFLOWER & CHICKPEA MASALA

Makes 4 servings, each ½ cup

### Ingredients

#### Masala Spice Mix:

- 2 Tablespoons garam masala
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon smoked paprika
- ¼ teaspoon cayenne
- 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

4 servings per container

**Serving size** 1

**Amount Per Serving**  
**Calories** 250

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>

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/>