



High-Protein Chickpea and Spinach Curry



SERVING
3 PEOPLE



COOK TIME
35 MINUTES

Instructions

Ingredients

- 1 tablespoon olive or avocado oil
- 1 onion, peeled and finely chopped
- 2 cloves garlic, minced
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 cup low-fat Greek yogurt (dairy or plant-based)
- 2 cups baby spinach
- Salt to taste

1. In a skillet over medium, heat the oil. Add the onion and garlic, and saute until soft.
2. Stir in the turmeric, cumin, and garam masala. Cook for 1 minute.
3. Add the chickpeas and yogurt. Simmer for 10 to 15 minutes.
4. Fold in the spinach, and cook until wilted. Season with salt.

