

Chana Masala

- serves 4 -

Shopping/Ingredient List

Condiments/Spices

- Neutral Oil (Grapeseed, Vegetable, or Sunflower)
- Kosher Salt
- Garam Masala (store bought mix, 1 small jar or pouch)

Produce

- 1 - Bunch Cilantro
- 1 - Jalapeño (or buy a pepper based on your spice preference)
- 1 - Yellow Onion
- 1 - Head Garlic
- 1 - 1-2" Piece, Ginger
- 1 - Lemon

Canned Goods

- 1 - 15oz Can, Chickpeas
- 1 - 15oz Can, Diced Tomatoes

Grain

- 1 - Small Bag, Brown Basmati Rice

Optional Additions and Alternatives

- 1- Small container Greek Non/Low-Fat Plain Yogurt
- 1 - Bulb Fennel (w/ tops/fronds if possible)
- Protein (if desired)
 - 1Lb Chicken Breast, Fish, or Shrimp
 - Oilier fish like salmon, mackerel, and trout high in Omega-3s are good sources of seafood for anti-inflammation
- If not using Brown Rice
 - Indian Bread of choice (i.e., Naan, Paratha, Roti, Pita)
 - Alternative Grain or other side of choice (i.e., Cauliflower Rice, Buckwheat, Couscous, etc.)
- Turmeric (ground) - for added Anti-Inflammatory boost

Channa Masala

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Ingredients

- 1 Tbsp canola oil
- ½ tsp salt, divided
- 2 Tbsp Garam Masala
- 1/4 cup cilantro, chopped
- 1/2 jalapeño, minced
- 1/2 onion, finely diced
- 3 cloves garlic, minced
- 1 inch ginger, fresh, minced
- 1 ¾ cups prepared or canned chickpeas*
- 1- 14oz can canned diced tomatoes, with juice (not drained)
- 1/2 lemon, juiced

Directions

Mise en Place:

- Measure out the canola oil, salt, and Garam Masala.
- Wash and dry the cilantro and jalapeno.
- Chop the cilantro; mince the garlic, ginger, and jalapeno; dice the onion.
- Prepare chickpeas or rinse and drain canned chickpeas.

Heat the Spices and Herbs:

- Heat a large pot over medium heat. Once hot, add oil, onion, and 1/4 tsp salt and cook, stirring frequently until onion is tender, about 5 minutes.
- Add the garlic, ginger, cilantro, and jalapeno to the pot and cook, stirring continuously, for about 30 seconds.
- Add the garam masala and stir until everything is evenly coated with the spices. You can add a little more oil at this point if the pan is looking dry.

Add Tomatoes and Chickpeas:

- Add tomatoes and chickpeas and remaining salt. If the mixture looks a little too thick, add up to 1 cup water.
- Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.



Serve:

- Remove from heat and add lemon juice.
- Serve and enjoy!

Raita

- serves 4 -

Shopping/Ingredient List

Condiments/Spices

- Cumin Powder
- Kosher Salt

Produce

- 3 - Green Chillies
- 2 - Medium Onions
- 1 - Bunch Cilantro
- 1 - Large Cucumber

Dairy

- Curd, 2 Cups (fresh plain yogurt, more if required)



Ingredients

2 cups curd

2 medium onion, chopped (2-4 tbsps)

1 cup cucumbers, peeled and chopped

½ tsp salt, adjust to taste

3 green chillies, deseeded and chopped

3 tablespoons cilantro, finely chopped

1 teaspoon cumin powder, optional

Directions

Mise en Place:

- Chill the yogurt. Rinse and chop the onions and green chillies. Rinse and peel cucumbers. If needed deseed them and chop to bite sizes.
- Rinse cilantro leaves in ample amount of water. Drain completely and chop them fine.

- Optional: Roast 1 tsp cumin seeds on a low flame until it smells good. Cool this and crush them to fine powder in a spice jar.

Make Raita:

- Add curd and salt to a mixing bowl. Whisk them until smooth with a fork or a whisk.
- Next add chopped cucumbers, onions, cumin powder, cilantro, and green chilies.
- Stir gently. If required add more yogurt. Taste test and add more salt if required.
- Garnish with cumin powder on top. Serve raita with biryani, pulao, kebabs, or paratha.
- Serve and enjoy!