

Varied Protein Sources in One Delicious Dish



Chicken and Chickpeas from India

Serves: 2 | Serving Size: 2 cups

Ingredients:

1 tsp vegetable oil
1 clove garlic, minced
1/2 onion, diced
1/2 tsp ginger
1 tsp garlic powder
1 tsp ground cumin
1 tsp ground turmeric
Pinch cayenne
Dash black pepper
1 tsp ground coriander
1 15-oz can chickpeas, drained and rinsed
2 chicken thighs, skinless, boneless, cut in half
2 cups chicken broth

Directions:

Sauté the onion and garlic in hot oil in an oven-safe pan. Add the seasonings and allow those to cook with the onions. When the onions are transparent, add the chickpeas, chicken thighs, and chicken broth. Bring the broth to a boil.

Cover the pan and place it in a preheated 375 degree oven. Cook for 20 minutes or until the chicken is done.

Remove the chicken. Bring the mixture to a boil on the stove and check the seasonings. Add more broth to thin it down or cook it longer to thicken it.

Serve hot, in a wide bowl.

Nutrition Information:

Serves 2. Each serving has 328 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 33 mg cholesterol, 105 mg sodium, 39 g carbohydrate, 11 g fiber, 7 g sugars, and 22 g protein.

Each serving also has 1% vitamin A, 3% vitamin C, 7% calcium and 27% iron.

Chef's Tips:

Provide a contrast to the heat and spice of this dish by garnishing it with a dollop of plain nonfat Greek yogurt. By doing this, you'll also be adding a third delicious source of protein to your meal!

BROUGHT TO YOU BY: