



MedStar Health

## Zesty Curried Chickpeas

### INGREDIENTS

½ tsp salt  
½ tsp turmeric  
1 ¼ tsp cumin seed  
1 ¼ kalonji seed  
¼ cup olive oil  
1 small onion chopped  
½ chili pepper chopped  
1 - 15oz can chickpeas  
½ cup water  
Cilantro for garnish

**Servings:** 6

**Calories:** 260

**Total Fat:** 19g

**Total Carbs:** 20g

**Total Protein:** 4g

**Prep time:** 10 minutes

**Total time:** 20 minutes

### DIRECTIONS

**Step 1:** Heat sauce pan and combine olive oil, onion, and chili.

**Step 2:** Sauté onion and chili in olive oil on low heat until it starts to brown at edges.

**Step 3:** Add in the remaining spices and continue to sauté until the spices are well mixed.

Step 4: Add chickpeas and mix.

Step 5: Add water and let simmer, covered, for 10 minutes

To learn more about the Fresh & Savory Culinary and Living Style Medicine Program,  
call **202-416-2000 PHONE** or visit **MedStarHealth.org/Lafayette-Centre**.