



WHATSheATE



HEALTH SCORE

100%

Chickpea Curry with Roasted Cauliflower and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2.5 cups baby spinach



1 pound cauliflower trimmed cut into florets



1.5 pints cherry tomatoes



3 cups chickpeas drained and rinsed cooked



4 servings salt and pepper freshly ground



1 tablespoon curry powder



1 tablespoon cilantro leaves fresh chopped

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large onion yellow cut into medium dice

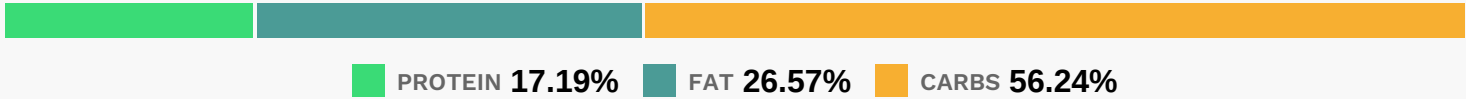
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 375°F. Toss cauliflower with 1 teaspoon olive oil and arrange in a single layer on one side of a rimmed baking sheet. Toss tomatoes with 1 teaspoon olive oil and arrange on other side of sheet. Season with salt and pepper. Roast until florets are browned in spots and tomatoes are soft, about 25 minutes.
- ☐ In a medium pot, heat 2 teaspoons oil over medium-high. Cook onion, stirring occasionally, until golden brown, about 10 minutes.
- ☐ Add garlic, ginger, and curry powder and cook, stirring, until fragrant, about 1 minute.
- ☐ Add chickpeas, tomatoes, and 2 cups water; bring to a boil. Reduce heat to medium, cover, and simmer 8 minutes.
- ☐ Add cauliflower and cook until warmed through and chickpeas are tender, about 8 minutes. Stir in spinach and cilantro and season with salt. To serve, divide among 4 bowls (over rice, if desired).
- ☐ Other
- ☐ Reprinted with permission from Meatless From the Kitchens of Martha Stewart Living, © 2013 Martha Stewart Living Omnimedia, Inc. For more than twenty years, the food editors and chefs in the kitchens at MARTHA STEWART LIVING have produced dozens of bestselling cookbooks, including Martha Stewart's Cooking School, Martha's American Food, Martha's Baking Handbook, Everyday Food: Great Food Fast, and Power Foods. MARTHA STEWART is the author of more than 75 books on cooking, entertaining, crafts, home-keeping, gardens, weddings, and decorating. She is the host of Cooking School on PBS.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:8.48, Inflammation Score:-10, Nutrition Score:35.68521765004%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 352.85kcal (17.64%), Fat: 11.04g (16.99%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 38.1g (13.86%), Sugar: 14.25g (15.83%), Cholesterol: 0mg (0%), Sodium: 273.83mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin C: 105.74mg (128.18%), Vitamin K: 124.24µg (118.32%), Manganese: 1.95mg (97.62%), Folate: 345.4µg (86.35%), Fiber: 14.49g (57.96%), Vitamin A: 2681.57IU (53.63%), Potassium: 1283.25mg (36.66%), Iron: 6.36mg (35.33%), Copper: 0.67mg (33.63%), Phosphorus: 335.6mg (33.56%), Vitamin B6: 0.65mg (32.47%), Magnesium: 115.74mg (28.93%), Vitamin E: 3.25mg (21.66%), Vitamin B1: 0.3mg (20.26%), Zinc: 2.69mg (17.96%), Calcium: 143.7mg (14.37%), Vitamin B5: 1.41mg (14.13%), Vitamin B2: 0.24mg (13.98%), Vitamin B3: 2.43mg (12.14%), Selenium: 7.08µg (10.12%)