



### CURRY CHICKPEA SALAD

Curry powder is where we find turmeric, a brain food that has been used for centuries in cooking and has now been shown to help boost the brain's ability to repair itself.

 20 minutes

 30 minutes

## INGREDIENTS

- 4 cups of kale, raw [84 g]
- 1 tsp of oil, olive, salad or cooking [5 g]
- 1 tsp of spices, onion powder [2 g]
- 1 tbsp of carrots, cooked, boiled, drained, without salt [10 g]
- 1 tbsp of peppers, sweet, green, raw [9 g]
- 1 gram of spices, curry powder
- 120 grams of chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt
- 1 tbsp of coconut milk, canned (liquid expressed from grated meat and water) [15 g]

## COOKING METHOD

- <sup>1</sup> In a small saucepan, heat the oil over medium-high heat. Add the onion, carrot, and green pepper and sauté until tender, about 5 minutes. Add the curry powder and cook, stirring, for one minute. Add the chickpeas and coconut milk and stir until heated through. Spoon the chickpeas and coconut milk and stir until heated through. Spoon the chickpea mixture over the kale and serve immediately.
- <sup>2</sup> In a small saucepan, heat the oil over medium-high heat. Add the onion, carrot, and green pepper and sauté until tender, about 5 minutes. Add the curry powder and cook, stirring, for one minute. Add the chickpeas and coconut milk and stir until heated through. Spoon the chickpeas and coconut milk and stir until heated through. Spoon the chickpea mixture over the kale and serve immediately.

## NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	127 kcal	6 %
FAT	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 %
CHOLESTEROL	0 mg	0 %
SODIUM	26 mg	1 %
CARBOHYDRATE	17 g	6 %
SUGARS	3 g	—
FIBER	6 g	23 %
PROTEIN	6 g	—