



Spicy Potato Curry

- 4 potatoes, peeled and cubed
- 2 Tbsp vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 tsp ground cumin
- 1½ tsp cayenne pepper
- 4 tsp curry powder
- 1 (1 inch) piece fresh ginger, peeled and minced
- 1 (15oz) can diced tomatoes
- 1 (15oz) can chickpeas, rinsed and drained
- 1 (15oz) can peas, drained

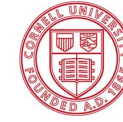


1. Place potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Season with cumin, cayenne pepper, curry powder, and ginger. Cook for 2 minutes more.
4. Add tomatoes, chickpeas, peas, and potatoes. Bring to a simmer for 5-10 minutes before serving.

Makes: 6 servings

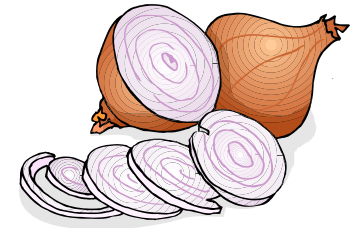
Nutrition Information:

CALORIES 290 (21% from fat); FAT 7g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 9g; CALCIUM 8%; IRON 15%



Caramelized Onion Flatbread

- 1/3 cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 tsp baking powder
- ¼ tsp salt
- 1¼ cups water, plus 2 Tbsp water
- 3 Tbsp olive, canola, or vegetable oil
- 2 cups sliced onion



1. Heat 1 Tbsp of oil in a medium skillet over high heat. Add 2 cups sliced onions, stirring often, until onions begin to brown, about 5 min. Reduce heat to low, add 2 Tbsp water and cook, stirring frequently, until onions are golden brown and very soft, about 15 min.
2. Whisk whole-wheat flour, all purpose flour, baking powder, and salt in a medium bowl. Make a well in the center, and pour in 1 Tbsp oil and 1¼ cups water. Whisk until smooth. Stir in caramelized onions.
3. Heat a large nonstick skillet over medium-high heat. Lightly brush the pan with the remaining oil.
4. Using ¼ cup batter for each, pour the batter for 2 flatbreads into the pans and spread each into a 5-inch circle. Cook until the bread looks bubbly and mostly dry, about 2 minutes. Flip and cook until golden on opposite side, 1-2 minutes more. Repeat with remaining batter.

Makes: 10 servings

Nutrition Information:

CALORIES 100 (40% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 14g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 4%