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Chickpea Tikka Masala

Courtesy of www.cookspiration.com

PREP TIME: 20 min **COOK TIME:** 8 min **YIELDS:** 4 servings

Ingredients:

- 2 cups diced onion
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1/3 cup masala paste or curry paste
- 3 cups canned chickpeas, rinsed and drained
- 1 cup no salt added diced tomatoes
- 2 cup plain Greek yogurt
- 1/2 cup fresh cilantro
- 2 pieces whole-wheat Naan bread

Directions:

In a large non-stick frying pan over medium-high heat, stir onions for 3 minutes or until translucent in colour. Stir in garlic and ginger and cook for 30 seconds longer. Stir in masala paste and cook for 30 seconds. Stir in chickpeas and diced tomatoes, cook for 10 minutes. Take off the heat and slowly stir in yogurt.

Serve in a bowl topped with cilantro and a half slice of toasted whole-wheat naan.

Tips: If you are not a fan of chickpeas, you can replace them with the same amount of chicken. This is a very versatile dish. To add some heat to this dish, add ½ tsp of cayenne pepper.

