



Chana Masala

4 Servings (2 cups)

Prep Time: 10 minutes / Cook Time: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 2 onions, chopped
- 2 inch piece of ginger, peeled & minced
- 4 cloves garlic, minced
- 1 large carrot, diced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp garam masala
- 1 tsp curry powder
- ¼ tsp cayenne pepper
- 28-ounce can diced (fire roasted) tomatoes
- ½ cup red or yellow lentils
- 2 x 15-ounce cans chickpeas, drained
- ½ teaspoon kosher salt



Preparation

- Heat the oil over medium heat in a medium pot. Add onions, garlic, and ginger and cook until translucent, 4-5 minutes. Add spices and cook (toast) for a minute to bring out flavor
- Add tomatoes, lentils, chickpeas, salt, and 2 cups of water. Simmer until lentils are tender, about 20 minutes.

Nutrition information (per serving)

Calories 385 kcal | Total Fat 10 g | Saturated Fat 1 g | Protein 18 g | Total Carbohydrates 64 g | Dietary Fiber 17 g | Sugars 11 g | Sodium 856 mg

Tips from the Dietitian

- High fiber content moderates the blood sugar response and supports gut, heart, and brain health. Fiber enhances satiety.
- Plant-based protein is low in saturated fat and high in fiber, lowering risk for heart disease, diabetes, and certain cancers.
- Antioxidants and phytonutrients from tomatoes, onions, garlic, olive oil, and spices add nutrition.
- Rinse the canned chickpeas to decrease sodium

Tips from the Chef

- This dish only gets better as leftovers as flavors meld together
- May a lot and freeze in portions for later meals
- Add carrots, cauliflower or other veggies you like, if they are on sale or need using up
- Garnish with raita and some chopped cilantro for a creamy touch and extra flavor