



**Many Hands Organic Farm and
Sustainability Center**
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Indian-Spiced Kale and Chickpeas

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Ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1 pound kale, ribs removed, coarsely chopped
- 1 cup reduced-sodium chicken broth or vegetable broth
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon garam masala
- ¼ teaspoon salt
- 1 (15 ounce) can chickpeas, rinsed

Directions:

1. Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds.
2. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute.
3. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes.
4. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1 to 2 minutes.