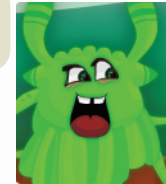




Ch-Ch-Chickpea Curry

Spice it
up veggie
style!



Ingredients:

1 onion
2 carrots
1/2 cup celery
1 apple
1/2 cup raisins
2 tomatoes
2 tsp curry
1 cup chicken broth
1 1/2 cups couscous
16 oz chickpeas - canned

Nutrition:

Recipe makes 5 servings
Each serving counts as 2 veggies

Directions:

1. Dice the onion, carrots, celery and apple and sauté in 2 tsp olive oil.
2. Add the raisins, tomato, curry powder and chicken broth.
3. Drain the can of chickpeas and add to curry mixture. Allow to simmer until you're ready to eat.
4. Cook couscous following the directions on package.
5. Add couscous to six bowls and top with curry.

Safety:

Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife.

from the kitchen of
Playnormous

