

Foodie Friday: Nicole Powley's Chickpea with Coconut

Chickpea with Coconut inspired by Alamelu Vairavan's recipe in "Vegetarian Flavors with Alamelu"

This beautiful dish I learned from my friend, Alamelu. I love to make this as a side salad or as a main dish. It works well hot or cold and can be a good home for those extra veggies in the fridge you don't know what to do with.

Every time I make this it reminds me of my travels to India. It smells like love and tastes like adventure. It might be different to you, but I promise it's good!

Ingredients:

1 tablespoon of oil (I use ghee)

¼ teaspoon black mustard seeds

½ teaspoon urad dal

¼ cup of chopped onion

2 garlic cloves chopped (measure that with your heart)

1 15 oz can of rinsed and drained chickpeas

¼ teaspoon ground turmeric

½ teaspoon chutney powder (Alamelu also recommends substituting ¼ tsp. cayenne pepper and ¼ tsp. cumin)

½ teaspoon salt

¼ cup fresh unsweetened shredded coconut (found frozen at Indian grocery stores)

Any other veggies you want to add! Spinach, zucchini, peppers, or broccoli would be great

Instructions:

1. Heat oil in skillet over medium heat until hot but not smoking. Add mustard seeds and urad dal. Stir until seeds begin to pop and the urad dal turns golden. If adding extra vegetables (except spinach) add them to the pan to cook a little bit. Once they are halfway cooked, add chopped onion and garlic for a minute. Careful not to overcook garlic, it may become bitter.
2. Add chickpeas, turmeric, chutney powder and salt. Stir and mix for 2 – 4 minutes.
3. If adding chopped spinach, add it now and stir until wilted.
4. Add coconut and gently stir
5. Enjoy hot or cold. I like to add chopped green onion on top for a little color.