

Indian Cabbage with Crispy, Crunchy Chickpeas

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-cabbage-recipe>

Ingredients:

- 1 handful canned chickpeas garbanzo beans or dried chickpeas
- hot water to immerse and cover an inch above surface
- salt to taste
- spice garam masala, just a sprinkle, optional
- 4 tablespoons canola oil
- 1 onion peeled and quartered
- 2 green chillies fresh, stemmed and roughly chopped
- 2 inches fresh ginger section of, peeled and roughly chopped
- 4 cloves garlic
- 1/2 head cabbage small/medium, halved and sliced, see photo for reference
- 1/4 teaspoon turmeric powder
- 6 tablespoons water
- salt to taste, about 1/4-1/2 teaspoon
- 1 tablespoon chopped cilantro

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 18 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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