

Quick Curried Chickpeas with Tofu and Kale

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-restaurant-lehja-kale-tofu-recipe>

Ingredients:

- 1 bunch kale cut into small chunks
- 3 tablespoons extra-virgin olive oil divided
- 1 white onion small, diced
- 3 cloves garlic minced
- 1 tablespoon cumin seeds toasted
- 1 tablespoon ground turmeric
- 1 tablespoon garam masala
- 14 1/2 ounces chickpeas drained and rinsed
- 3 Roma tomatoes roughly chopped
- 1 block extra firm tofu cut into a dice
- coarse salt
- freshly ground pepper

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 48 grams
3. Fat: 20 grams
4. Fiber: 11 grams
5. Protein: 23 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 570 milligrams
8. Sugar: 3 grams

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