

## Indian-Inspired Butter Chickpeas with Naan Bread

Makes 2 servings | Difficulty: Easy

Prep time: 10 mins | Total time: 30 minutes

Traditional *murgh makhani*, also known as butter chicken, is thought to originate in Delhi, India in the 1950s. Although its origin story is “hotly” debated, this tomato-based curry provides a balanced spice profile, including cumin, garam masala, and paprika. The tomato sauce, when mixed with probiotic-rich yogurt, give this dish its characteristic orange color. A diet full of colorful foods, and using chickpeas instead of the traditional chicken breast, ensures a high intake of both fiber and polyphenols, two important dietary compounds that help fend off cancer and promote brain and gut health.

### Ingredients

- 1/2 Tbsp olive oil
- 1/2 Tbsp butter
- 1/2 medium onion, diced
- 1/2 tsp fresh ginger, minced
- 2 garlic cloves, minced
- 1.5 C canned chickpeas, drained
- 4 oz canned tomato sauce
- 1/2 Tbsp garam masala
- 1/2 tsp paprika
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 C plain nonfat Greek yogurt\*
- 1/2 slice naan bread



Recipe and photo adapted from <https://www.veganricha.com/butter-chickpeas-1-pan-30-min/>

### Directions

1. Heat medium saucepan over medium-high heat. Add oil, butter, and onions and cook for 3-4 minutes until onions are slightly golden.
2. Add ginger and garlic. Cook for 30 seconds while stirring.
3. Add chickpeas, tomato sauce, and spices. Stir to combine.
4. Add yogurt and simmer for 8-10 minutes, stirring occasionally. Serve with naan.

\*Note: for a vegan option, replace butter with 1/2 Tbsp olive oil and yogurt with 1/2 C coconut milk.

Nutrition facts (per serving): 524 calories, 77g carbohydrates, 14g total fat, 4g saturated fat, 791mg sodium, 15g fiber, 26g protein, 0 mcg vitamin D, 219mg calcium, 4.6mg iron, 605mg potassium