



## Chana Saag (Indian Curry with Sauteed Greens and Chickpeas)

Saag Paneer is one of the most popular dishes served at Indian restaurants. It is traditionally made with mustard greens which tend to have a sharper taste than spinach. You could easily substitute using any greens you have on hand. This is a variation on the Saag Paneer that is just as traditional, but instead uses chickpeas.

Serves 4

### Ingredients

- 1- 14 ounce can chickpeas, rinsed and drained OR 1 ½ cups cooked chickpeas
- 4 cups fresh baby spinach, chopped or 2 cups frozen spinach thawed
- ½ teaspoon cumin seeds
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon minced or grated ginger
- 2 large tomatoes, finely chopped or 1- 14 ounce can diced tomatoes
- ¼ teaspoon turmeric powder
- 1 teaspoon red chili powder, or to taste
- ¼ teaspoon ground cumin
- 1 teaspoon curry powder
- ½ teaspoon garam masala
- ½ teaspoon dried mango powder (amchoor), optional
- 1 tablespoon oil or ghee
- ½ cup coconut milk
- Salt to taste
- Hot sauce, optional for serving
- Lime wedges, optional for serving

THE  
**TEACHING**  
**KITCHEN**  
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**Directions**

1. In a medium saucepan, add ghee or oil. When hot, add the cumin seeds and let them crackle.
2. Add chopped onions followed by ginger and garlic and sauté until onions are translucent.
3. Add chopped tomatoes and stir. Cook for 3-4 minutes.
4. Add turmeric powder, chili powder, ground cumin and dried curry powder.
5. Add the chickpeas and cook for about 5 minutes.
6. Add the chopped spinach and cook for another 2 minutes until wilted.
7. Pour the coconut milk and let it simmer for 3-4 minutes
8. Sprinkle the garam masala and dried mango powder on top.
9. Serve hot with rice, naan, rotis or any bread of your choice with raita on the side.

Tip: If you don't have access to dried mango powder, you may squeeze in some fresh lemon juice before serving.



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## Simple Cucumber Raita

Serves 4 to 6

### Ingredients

2 cups Plain Yogurt  
1 medium sized cucumber, finely diced or grated with seeds removed  
Freshly squeezed lemon, to taste  
1 teaspoon cumin powder  
A pinch of sugar  
Salt and pepper to taste  
Fresh mint leaves, finely chopped (Optional)

### Directions

1. Add all the ingredients except the mint in a bowl. Stir well to combine.
2. Adjust seasoning as necessary.
3. Garnish with fresh mint leaves.

Tip: Raita simply refers to a dip with yogurt that is served as a side. You can use a variety of vegetables to make raita including onions, chives, tomatoes, beets and radishes.