



SOUTH INDIAN CABBAGE WITH YOGURT

PREP TIME:
20 MINUTES

SERVES:
8

SERVING:
1 CUP

INGREDIENTS:

- 2 tbsp Vegetable or olive oil
- 1 can Chickpeas, drained and partly mashed or chopped (about 2 cups)
- 1 tbsp Curry powder
- ½ tbsp Cumin and/or 1 tbsp turmeric [optional]
- To taste Dried red chilies or cayenne [optional]
- 1 large Onion, cut in half root to stem, then thinly sliced across the grain
- 8 cups Cabbage, cored and shredded, like cole slaw, (1 small or 1/2 large)
- To taste Salt & pepper
- 1 cup Plain low-fat yogurt



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PREPARATION:

1. Heat the oil over medium heat and add the onion. Cook, stirring, until it begins to soften, about one minute
2. Add the cabbage. Cook for about eight minutes or until the cabbage is just tender
3. Add spices and stir fry about 2 minutes to release oils
4. Add chickpeas and stir fry 2-4 minutes
5. Place the yogurt in a bowl, and place the bowl in a pot of hot water. Stir until the yogurt is warm. Scrape into the pan with the cabbage, and fold in
6. Serve warm with brown rice, quinoa, barley, or pasta
7. Optional: add 1 cup diced chicken or chicken sausage to make a meal

STORAGE:

- Refrigerate extras and eat within a few days for best taste. Discard after 7 days
- Re-heat food to a temperature of 165°F before serving

NUTRITION INFORMATION (PER 1 CUP SERVING):

Calories: 130 Total Fat: 4.5g (8% DV) Saturated Fat: 1g (4% DV) Protein: 5g
 Carbohydrates: 17g (6% DV) Fiber: 3g (11% DV) Sodium: 115mg (5% DV)

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

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