Cauliflower and Chickpea Stew

Yield: 4 servings
Total Time: 45 minutes

Ingredients
1 cup whole wheat couscous or brown rice
1 Tablespoon canola oil or olive oil
1 medium onion, chopped
1½ teaspoons ground cumin
½ teaspoon ground ginger
¼ teaspoon salt
¼ teaspoon black pepper
1 28-ounce can no-salt-added whole tomatoes
1 15-ounce can chickpeas, rinsed and drained
1 16-ounce bag frozen cauliflower or 1 head cauliflower, chopped
¼ cup water
1 5-ounce package baby spinach, chopped
¼ cup raisins

Preparation Instructions
1. Cook couscous or rice according to the package directions.
2. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, until it starts to soften, for 4 to 5 minutes.
3. Add the cumin, ginger, salt, and black pepper and cook for 1 minute or until fragrant.
4. Add the tomatoes and their liquid to the pan, crushing the tomatoes with your hands as you add them. Add the chickpeas, cauliflower, and water. Bring to a boil.
5. Reduce heat and simmer until the vegetables are tender and the liquid has slightly thickened, about 15-20 minutes.
6. Fold in the spinach and raisins. Cook for 1 to 2 minutes or until the spinach is wilted.
7. Serve stew over the couscous or rice.

Nutrition Analysis
Per serving: 560 calories; 11g fat (1g saturated, 0g trans); 0mg cholesterol; 510mg sodium; 101g carbohydrate (14g dietary fiber; 22g sugar); 20g protein.
Vitamin A 35%, Vitamin C 60%, Calcium 20%, Iron 25% Daily Value.

Cost: $2.53 per serving

Modified from: www.realsimple.com