Spicy Potato Curry

4 potatoes, peeled and cubed
2 Tbsp vegetable oil
1 yellow onion, diced
3 cloves garlic, minced
2 tsp ground cumin
1½ tsp cayenne pepper
4 tsp curry powder
1 (1 inch) piece fresh ginger, peeled and minced
1 (15oz) can diced tomatoes
1 (15oz) can chickpeas, rinsed and drained
1 (15oz) can peas, drained

1. Place potatoes in a large pot and cover with water, bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Season with cumin, cayenne pepper, curry powder, and ginger. Cook for 2 minutes more.
4. Add tomatoes, chickpeas, peas, and potatoes. Bring to a simmer for 5-10 minutes before serving.

Makes: 6 servings
Nutrition Information:
CALORIES 290 (21% from fat); FAT 7g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 9g; CALCIUM 8%; IRON 15%

Caramelized Onion Flatbread

1/3 cup whole-wheat flour
¾ cup all-purpose flour
2 tsp baking powder
¼ tsp salt
1¼ cups water, plus 2 Tbsp water
3 Tbsp olive, canola, or vegetable oil
2 cups sliced onion

1. Heat 1 Tbsp of oil in a medium skillet over high heat. Add 2 cups sliced onions, stirring often, until onions begin to brown, about 5 min. Reduce heat to low, add 2 Tbsp water and cook, stirring frequently, until onions are golden brown and very soft, about 15 min.
2. Whisk whole-wheat flour, all purpose flour, baking powder, and salt in a medium bowl. Make a well in the center, and pour in 1 Tbsp oil and 1¼ cups water. Whisk until smooth. Stir in caramelized onions.
3. Heat a large nonstick skillet over medium-high heat. Lightly brush the pan with the remaining oil.
4. Using ¼ cup batter for each, pour the batter for 2 flatbreads into the pans and spread each into a 5-inch circle. Cook until the bread looks bubbly and mostly dry, about 2 minutes. Flip and cook until golden on opposite side, 1-2 minutes more. Repeat with remaining batter.

Makes: 10 servings
Nutrition Information:
CALORIES 100 (40% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 14g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 4%