**Spicy Potato Curry**

4 potatoes, peeled and cubed  
2 Tbsp vegetable oil  
1 yellow onion, diced  
3 cloves garlic, minced  
2 tsp ground cumin  
1 1/2 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%

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**Caramelized Onion Flatbread**

1/3 cup whole-wheat flour  
3/4 cup all-purpose flour  
2 tsp baking powder  
1/4 tsp salt  
1 1/4 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 1 1/4 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 1/4 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%