

Curried Chickpeas with Mustard Greens and Sweet Potatoes (“Greens Glorious Greens”
Johnna Albi & Catherine Walthers)

This dish forms a complete meal when served with rice and maybe some Indian-style bread.

Serves 4

1 lb mustard greens
1 Tbsp canola oil
1 ½ cups chopped onions
1 Tbsp minced garlic
1 tsp finely grated ginger
2 tsp curry powder
2 cups bean cooking water
1 cup dried chick-peas (soaked overnight), or 2 ½ cups cooked
1 cup peeled and cubed sweet potato or yam
½ tsp salt, or to taste
lemon wedges and yogurt (optional)

Wash the mustard greens and strip or cut leaves from stalks. Discard stalks. Shred leaves. You should have 5-6 cups.

Heat oil in a large soup pan or skillet over medium-high heat. Add onions and cook for about 10 minutes. Reduce heat if necessary to avoid burning.

Add garlic and ginger and cook for 30 seconds. Add curry powder and stir to combine well.

Add 2 cups bean cooking liquid, cooked chick-peas, sweet potato, and salt. Bring to a boil, reduce heat, cover, and simmer for 10 minutes. Taste and adjust seasonings.

Stir in mustard greens and cook until tender, 10-15 minutes. Serve hot with lemon wedges and yogurt, if desired.