

## Quick Bites International: India

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### Chick Pea and Butternut Squash Curry

Prep Time: 20 minutes

Cooking Time: 10 minutes

#### Ingredients:

- 1 onion, chopped
- 1 clove garlic, peeled
- Fresh ginger thumb-sized piece, peeled and chopped
- 1 red chili, diced
- Olive oil
- ½ tsp turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp garam masala
- 3 cups butternut squash, peeled and diced
- 2 cups chickpeas, rinsed and drained
- 1 15 oz can lite coconut milk
- 1 quart vegetable stock
- 2 cups baby spinach
- 2 limes, 1 juiced, plus wedges to serve
- 1 bunch fresh parsley
- 2 cups brown rice, cooked per package instructions

#### Directions:

Put the onion, garlic, ginger and chili into a small food processor and blend to a paste. Heat 1 tsp oil in a large pan and fry the paste for a few minutes with a pinch of salt, then add the spices, and fry for another minute before adding the squash and chickpeas. Mix with the spices, then add the coconut milk and stock. Bring to a simmer and cook for 30 minutes until the squash softens and the sauce thickens. Stir in the spinach until wilted, and squeeze in the lime juice to serve.

Serve over brown rice, garnish with fresh parsley.



## Homemade Naan Bread with Roasted Eggplant Dip

### Bread Ingredients:

4 cups all-purpose flour  
2 tablespoons plus 1 tsp canola oil  
4 tablespoons whole-milk yogurt  
1 packet of active dried yeast  
2 teaspoons sugar  
2 teaspoons kosher salt  
1 level teaspoon baking powder  
1 cup whole milk, warmed

### Directions:

Put the flour into a large mixing bowl. Make a well in the middle, and add two tablespoons of the oil to it, along with the yogurt, yeast, sugar, salt and baking powder. Use your fingers to combine the ingredients until they resemble crumbs, and then add the warm milk in splashes, mixing until it comes together into a dough.

Put the dough on a clean, well-floured cutting board. It will be very sticky. Flour your hands, and knead the dough for five minutes or so, then scrape off your hands and knead it again, making it into a round ball. Rub a teaspoon of oil over the exterior of the dough, and place it in a clean mixing bowl. Cover with a dish towel, and place in a warm spot to rise for 60 to 90 minutes, or until it has doubled in size.

Using a knife, divide the dough into 12 pieces. Take each piece, roll it into a ball and flatten it between your palms. Dust the dough with flour, and roll each piece out into an oval of about 5 by 8 inches. Place a large sauté pan over medium-high heat, and allow it to get hot. When it is, cook one naan in it for 30 to 40 seconds on one side, or until it begins to bubble, then use a spatula to flip it over to cook the other side for about the same amount of time, checking regularly to make sure that it does not burn. Flip the naan one more time, and press on it lightly with your spatula for 10 to 15 seconds, then remove to a warm platter. Repeat with the rest of the dough.

### Dip Ingredients:

- 1 medium eggplant, peeled
- 2 red bell peppers, seeded
- 1 red onion, peeled
- 2 garlic cloves, minced
- 3 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ½ teaspoon freshly ground pepper
- 1-2 tablespoons tomato paste
- Pita bread

### Directions:

Preheat oven to 400 degrees.

Chop eggplant, peppers and onion into medium-size cubes. Toss chopped vegetables with garlic and olive oil.

Roast on cookie sheet for 45 minutes until vegetables are brown and soft, tossing once during cooking. Let vegetables cool.

Place cooked vegetables in food processor and pulse 3 or 4 times. Add tomato paste and taste for salt and pepper.

Split pita bread into two circles, and cut each circle into eighths. Brush with olive oil and lightly toast. Serve with pita bread chips.

Nutrition Facts (per serving): Calories – 614, Fat – 44.0g, Dietary Fiber – 23.9g, Protein – 9.1g, Vitamin A – 154%, Vitamin C – 562%, Iron – 42%.