

Customize Your Lunch Plate:
A Virtual Dining Experience with Libby Mills

Presented by COPE
Menu for March 30, 2021

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#NationalNutritionMonth, #holi #vegetarian #plantbased #vegan #indiancooking #Lunch*

Indian Chana Masala with Vegetables

Makes 1 serving
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes

Ingredients	Equipment and Tools
<ul style="list-style-type: none">• 1/2 package of Chana Masala• ¼ cup Vidalia onion, sliced• ¼ cup red pepper, washed and coarsely diced• Vegetable broth or water• ½ cup cauliflower rice	<ul style="list-style-type: none">• Chef knife• Cutting board• Skillet and lid• Microwave• Plastic wrap• Microwave safe mixing bowl• Large spoon• Dry cup measures: ¼ and ½ cups• Liquid cup measure

Preparation steps:

1. Put the onion and pepper into a skillet with ½ cup vegetable broth. Cover and bring to a boil over high heat. Cover and reduce the heat to maintain a gently boil and cook the vegetables until tender, approximately 7 minutes.
2. While the vegetables cook, follow the directions on the package for heating the cauliflower rice in the microwave.
3. When the vegetables are tender, uncover the skillet, turn up the heat to medium-high and reduce the liquid to about 2 tablespoons. Reduce the heat slightly to medium. Add half of the packaged Chana Masala to the skillet and bring to a boil.
4. Serve over cauliflower rice.

Nutrition analysis per recipe:

Per recipe: 213.2 calories; 8.5 g protein; 31.5 g carbohydrates; 7.8 g fiber; 6 g added sugar (mango powder); 6.3 g total fat; 1.1 g saturated fat; 0.1 g monounsaturated fat; 0.4 g polyunsaturated fat; 0 mg cholesterol; 476.3 mg sodium