AADI Recipe - Chana Chaat

Chana Chaat, also known as chole chaat, is a chickpea dish that is popular in Indian cuisine. This is a great recipe for Meatless Mondays!

Ingredients:
- ☐ 1 tablespoon canola oil
- ☐ 1 cup tomato, finely chopped
- ☐ 1 cup onion, finely chopped
- ☐ 3 cups chickpeas, cooked (from can or cooked from raw)
- ☐ ⅛ teaspoon salt
- ☐ ¼ teaspoon turmeric powder
- ☐ ¼ teaspoon red chili powder
- ☐ ¼ teaspoon garam masala
- ☐ 2 tablespoons cilantro leaves[*], chopped

Directions:
1. Heat the oil over medium high heat. Add and stir-fry the tomato and onions.
2. Add the chickpeas and cook until heated thoroughly.
3. Add the salt, turmeric powder, red chili powder and garam masala. Stir well.
4. Remove from heat and put the chickpeas and vegetables on a plate.
5. Garnish with the cilantro leaves. Serve immediately.

Servings: 4

[*]Cilantro is also known as *coriander.*

Nutrition Facts	
Serving Size: 1 cup	
Servings Per Recipe: 4	
Amount Per Serving	
Calories 260	**Calories from Fat 60**
	%Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 11g	**44%**
Sugars 9g	
Protein 12g	**24%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.