

RECIPE



This Creamy Chickpea Masala is a comforting, wholesome dish rooted in Indian-inspired flavors. Featuring a velvety cashew-based sauce infused with warming spices, it's paired with protein-packed chickpeas, seasonal vegetables, and nutrient-rich leafy greens. It's entirely plant-based, dairy-free, and perfect for a cozy weeknight dinner or a make-ahead meal prep staple.

Plant-Powered Masala Chickpeas

Ingredients

(3-4 servings)

For the Cashew-Spice Sauce

⅓ cup raw cashews, soaked for at least 2 hours and drained

1 (8 oz) can organic diced tomatoes

2 Tbsp. lemon juice

2 large garlic cloves

1 tsp. ground ginger

1 Tbsp. garam masala powder

½ Tbsp. ground turmeric

Pinch of cayenne pepper (optional, for heat)

1½ tsp. sea salt

1 cup organic vegetable broth

For the Masala Base

2 Tbsp. olive oil

½ cup onion, diced

1 cup diced vegetables of your choice (zucchini, squash, bell peppers, asparagus)

1 cup cooked chickpeas + ½ cup of their cooking liquid (or liquid from can)

Yours to Artful Eating,

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2 cups tightly packed dark leafy greens (spinach, arugula, or bok choy)

¼ cup fresh cilantro, finely chopped (for garnish)

Instructions

In a blender, combine all ingredients for the cashew-spice sauce. Blend until completely smooth. Set aside.

In a large skillet, heat olive oil over medium heat. Add the diced onion and sauté for about 5 minutes until softened and translucent.

Pour in the blended sauce, add your chosen vegetables, chickpeas, and chickpea liquid. Stir to combine.

Reduce the heat to low and cook uncovered for 15 minutes, stirring occasionally, until the vegetables are tender and the flavors meld.

Turn off the heat and stir in the leafy greens. Let them wilt gently for about 3 minutes.

Divide into bowls, top with fresh cilantro, and enjoy warm.

Health Benefits of This Recipe:

- Chickpeas: Rich in plant-based protein and fiber, they support satiety, digestive health, and balanced blood sugar.
- Cashews: Provide healthy fats, magnesium, and zinc—great for heart and immune health.
- Turmeric & Ginger: Potent anti-inflammatory and antioxidant properties that can support joint and gut health.
- Dark Leafy Greens: Loaded with vitamins A, C, and K, folate, and chlorophyll to support detoxification and cellular regeneration.
- Garlic: Boosts immunity and supports cardiovascular health.

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