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## *Indian Spinach and Chickpeas*

Recipe from Sweetnicks November 2005 Supper Club

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: 4 servings

- 3 tablespoons vegetable oil
- 1 medium onion, diced
- Salt and pepper
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 tablespoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper
- 1 cup whole milk plain yogurt
- 3/4 cup half-and-half
- 2 (10-ounce) packages frozen chopped spinach, thawed
- 1 (15-ounce) can chickpeas, drained and rinsed

Heat oil in a medium skillet over medium heat. Add onion and saute until translucent. Season with salt and pepper, to taste. Add garlic and cook for another minute. Add spices and cook until fragrant. Add yogurt, half-and-half, thawed spinach with its liquid, and drained chickpeas. Bring to a simmer over medium heat and cook until heated through.