## Curried Cauliflower with Chickpeas & Spinach

This is a savoury dish with a little heat and a touch of sweetness from the raisins and caramelized onions.

Serve with Curried Quinoa (p. 201) or Turkish Rice Pilaf (p. 202)

2 tbsp olive oil

1 sweet onion, thinly sliced

1 tbsp granulated sugar (or agave syrup)

2 tbsp minced fresh ginger

4 cloves garlic, crushed and chopped

2 tsp garam masala

2 tbsp balsamic vinegar

¼ tsp salt

¼ tsp pepper

¼ tsp cayenne pepper

6 cup chopped cauliflower florets (1 small head)

1 19 oz. can chickpeas, drained and rinsed

¼ cup raisins

4 cups packed fresh baby spinach

In a Dutch oven, heat oil over med high heat. Cook onions & sugar until begin to brown.

Add ginger, garlic, garam masala, vinegar, cayenne, salt & pepper. Reduce heat to med low and cook, stirring occasionally, until onion is deep golden, 8-10 min.

Add cauliflower to pan along with chickpeas and raisins. Cover and cook until cauliflower is tender, stirring occasionally, about 18 min. Remove from heat and stir in spinach. Serves 4.

## Curried Quinoa

This works very well with many dishes. We are often using it now instead of rice. Leftovers make a nice lunch with some mixed greens.

¾ cup quinoa, rinsed and drained

1 ½ cup water or chicken stock

1 tbsp fresh ginger minced

2 tsp curry powder

½ tsp sea salt

Put all the ingredients in a medium saucepan, bring to a boil, turn down low, cover and simmer for 15 min.

Let's sit for 5 min. Then fluff with fork and serve. Serves 4.

Note: Buko has been playing around with this by adding garlic & onion and also barberries… basically anything he would do with a rice dish and it is all good.