**Mango, Chickpea and Veggie Curry**
Makes 4 servings.

This deeply nourishing, whole-food, plant-based curry is rich in fiber, phytonutrients, and bold South Asian-inspired flavor. Mango brings a delicate sweetness, cauliflower offers body, and vibrant kale (or spinach) and red pepper enhance texture and color—all without a drop of oil. Get creative by varying the vegetables.

**Ingredients:**

1 medium onion, finely chopped
3 garlic cloves, minced
1-inch piece fresh ginger, peeled and minced
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
1 jalapeno pepper, finely chopped or ¼–½ tsp chili powder or cayenne pepper
1/2 cup broth or water
3 cups small cauliflower florets (~½ of a medium head)
1 red bell pepper, sliced into thin strips
19 oz can chickpeas, drained and rinsed (2 cups cooked chickpeas)
1 large mango, peeled and cubed
2 cups chopped spinach or baby kale (packed)
1 cup coconut milk (use light or full-fat, based on dietary needs)
¾ teaspoon salt (or to taste)
Freshly grated black pepper, to taste
Juice of 1 lime
Fresh cilantro, chopped, for garnish

**Instructions:**

1. Dry sauté the chopped onion over low heat for about 5 minutes. If it sticks to the pan, add a little water or broth.

2. Add garlic and ginger; cook another minute until fragrant.
3. Add cumin, coriander, and turmeric. Stir constantly for 1 minute to bloom the spices, adding a splash of broth or water if the pan becomes too dry.
4. Add ½ cup broth or water along with the cauliflower florets, red pepper strips, and jalapenos. Cover and simmer for 10-15 minutes.
5. Add the chickpeas, diced mango, greens, and coconut milk. Simmer uncovered for an additional 5 minutes, allowing the flavors to meld and the sauce to thicken slightly.
6. Stir in the lime juice and season with salt and pepper to taste.
7. Garnish with chopped fresh cilantro before serving. Serve with rice or quinoa.

