

Chana Masala

Ingredients:	Group Member
2 very large onion – Diced	
8 large tomatoes – Diced	
2 can of canned tomato paste (smallest size)	
6 (12-16 oz) cans of chickpeas	
3 cloves Fresh Garlic, 1 inches fresh Ginger, Salt, (to taste)	
Chana Masala (pre-mixed spice purchased in any Indian grocer)	
4 Lemons/Lime juiced	
Brown Rice/ Quinoa	
Rice Cooker	

Instructions:

- Sautee diced onions on low-medium heat for 5-10 minutes.
- Add garlic & ginger - be generous (smelling really good now)
- Strain chickpeas and add them along with the diced tomatoes
- Add most of small can of tomato paste
- Add salt, lemon/lime juice, chana masala
- Let simmer and add more of any of above ingredients prn.

Walnut, Pear, and Leafy Green Salad

Ingredients:	Group Member
2 cup chopped walnuts, toasted	
1/2 teaspoon kosher salt, divided	
5 tablespoons white balsamic vinegar	
3 teaspoons Dijon mustard	
6 tablespoons extra-virgin olive oil	
6 cups torn green leaf lettuce (baby field greens/mixed greens)	
3 cups chopped romaine lettuce	
3 ripe pears, thinly sliced	
1/4 teaspoon freshly ground black pepper	

Ingredients:

- Combine vinegar, and mustard, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- Combine lettuces ; top with pear and candied walnuts. Drizzle dressing evenly over salad; sprinkle with remaining 1/4 teaspoon salt and pepper
- Toss gently to combine.