



INDIAN

INSPIRED

The weather may be warm, but it's always a good time to add a little spice and variety to dinner time! Staple pantries can make a range of delicious meals. The budget friendly recipes below are from one of our favorite cook books, *Good and Cheap*. We picked out a few flavorful options that you might find at an Indian restaurant!

MUSIC

Use music to enhance your dinner experience! Let this [Carnatic Instrumental](#) playlist from Spotify take you to the southern region of India.

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SPARK CONVERSATION

Ask family, friends or roommates this question of the night:

What is one thing you can do to support someone else this week?

CHANA MASALA

Serves 2

INGREDIENTS:

- ½ tablespoon ghee or butter
- 1 teaspoon cumin seeds
- ½ cup onion diced
- 1 teaspoon garlic finely chopped
- 1 teaspoon ginger root grated
- ½ jalapeno finely diced
- 3 teaspoons coriander powder
- 1 teaspoon turmeric
- ¼ teaspoon cayenne powder
- ½ teaspoon garam masala powder
- 1 teaspoon paprika smoked
- ½ teaspoon salt
- 1 cup tomatoes canned (pureed)
- 2 ½ cups chickpeas cooked and drained
- ½ cup water

GARNISH:

- Cilantro fresh
- Yogurt

INSTRUCTIONS:

Measure out all the spices except the cumin seeds and put them in a small bowl.

Let the ghee (clarified butter) melt in a small saucepan over medium-low heat. (Ghee is the traditional Indian choice, but you can substitute butter if you can't find ghee.) Once the ghee begins to sizzle, add the cumin seeds and stir for about 5 seconds. Add the onion and saute for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeno and cook for 1 more minute. Add the spices and then the pureed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.

Once the tomato has reduced and the ghee starts to separate from the sauce, add the chickpeas and water. Mix, then bring it to a boil before reducing to a simmer. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce. Garnish with yogurt and cilantro. For a full meal, serve over rice or with roti.

ROTI

Makes 16 roti

INGREDIENTS:

- 2 cups whole wheat flour
- 1 teaspoon salt
- 1 cup water

INSTRUCTIONS:

In a small bowl, mix together all the ingredients using one clean hand. It should form a fairly moist dough. Knead until smooth and form into a ball. Cover with a damp towel or paper towel and set aside for 10 minutes to an hour.

Divide the dough into 16 small balls. Sprinkle a countertop with flour and place one piece of dough in the middle. Cover the ball with flour on all sides so that it doesn't stick to the surface, then gently roll it out with a rolling pin (or a bottle if you're in a pinch) until it's thin and flat, about 1/8" thick. As you roll the dough, be sure to unstick it from your counter and flip it over. To make it round, roll straight in front of you, then turn the dough 90 degrees and roll out again.

Place a non-stick skillet on medium heat. Once the pan is hot, add the roti and cook until the dough lifts away from the pan around the edges and small bubbles form. Flip the bread over and cook the other side. Usually it goes very quickly. You want to see light-brown bubbles all over the dough. Don't let it get too dark, though, as this will make the roti too crunchy to use for rolls. Repeat this process until you're finished with the dough.

Once you have practiced, you can roll out one roti while another cooks in the pan to make the process quicker. Keep them under a towel on the counter or in a warm oven until ready to serve.

GREEN RICE

Serves 4

INGREDIENTS:

- 1 cup rice
- 2 cups water
- Salt
- 1 cup frozen spinach, beet greens, chard or fresh parsley

INSTRUCTIONS:

To make normal rice, pour 2 cups of water into a pot with 1 cup of uncooked rice and two pinches of salt. That'll be enough for two generous portions, or three or four smaller servings. With the lid off, bring to a low boil over medium heat, then turn the heat down to low and put the lid on slightly askew, so that the steam can escape. Cook for about 20 minutes, until the water is all gone.

Chop up the spinach as much as you like. The more finely chopped, the more it will disperse into the rice. Cook normal rice, as above, for about 15 minutes, until most of the water is gone but not quite all. Mix the spinach into the rice. Cook with the lid off for the last 5 minutes. Adding the spinach at the end keeps it lush and bright, rather than the sad color of overcooked spinach.

BRONCO FAMILY TABLE MEAL KITS

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