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Chickpea and Cilantro Rice

Turn a vegetarian meal into a complete protein with this new take on rice and beans. After coating your pan in grapeseed oil (which Chef Irvine recommends instead of olive oil because of its lack of taste and low heating point), add your chickpeas to the pan. With this dish, the real flavor punch comes from the combination of cilantro, curry powder, and lemon juice.

Ingredients:

Brown rice 1 cup (cooked)
Chickpeas 1/4 cup
Curry powder 1 tbsp
Onion 1/2
Grapeseed oil 1 tbsp
Water as needed
Lemon 1/2
Cilantro 1 oz.
Salt to taste

Directions:

1. Turn the heat up. Add grapeseed oil to the pan and allow to heat.
2. Dice onion and place in pan to caramelize. Allow to sizzle.
3. Add chickpeas and curry powder.
4. Add cooked rice to the pan. Stir and allow flavors to meld.
5. Add water to the pan to create a sauce.
6. Squeeze the lemon juice into the pan to bring the flavors together. Add cilantro.
7. Add salt to taste.

Nutrition Facts:

Serving size: 1 bowl
Recipe yields: 1 serving
Calories: 462
Fat: 18 g
Carbs: 70 g

Protein: 10 g