



## Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

### Ingredients:

- 2 medium sweet potatoes peeled and sliced thin
- 1 medium onion cut in half and sliced thin
- 2 medium cloves garlic, sliced
- 1/2 cup + 1 Tbsp chicken or vegetable broth
- 1/2 tsp curry powder
- 1/4 tsp turmeric
- 2 cups chopped and rinsed mustard greens
- 1 15 oz can sodium free diced tomatoes
- 1 15 oz can garbanzo beans, drained
- 2 Tbsp extra virgin olive oil
- salt and white pepper to taste

### Directions:

Steam peeled and sliced sweet potatoes for approximately 5 – 8 minutes.

While steaming potatoes, slice onion and garlic. Heat 1 Tbsp broth in 12 inch skillet.

Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook, stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes.

Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes, add a little more broth. Serve mustard greens with mashed sweet potatoes.

Servings: 4

### Nutrition information per serving:

240 calories, 9g fat, 1g saturated 9g fiber, 350 mg sodium,  
35g carbohydrate, 1g sugars.



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