
Pepper and Onion Roast with Soft Indian Spices

adapted slightly from *The Splendid Table's How to Eat Supper*, Lynne Rosetto Kasper



- 3 large cloves garlic
- 2 tablespoons cilantro, tightly packed
- 1 piece fresh ginger (1") peeled and thinly sliced
- 1 large red bell pepper, chopped into 1/2" pieces
- 2 large yellow bell peppers, chopped into 1/2" pieces
- 2 large red onions, chopped
- 16 ounces garbanzo beans, canned, drained and rinsed
- 1/4 teaspoon cumin
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground coriander
- 2 teaspoons lime juice
- Generous pinch of sugar
- Salt
- 3 tablespoons olive oil
- 1 cup arugula, tightly packed (optional)
- GARNISH:** (all are optional)
- Lime juice
- Cilantro leaves
- Plain yogurt

Per Serving (excluding unknown items): 195 Calories; 8g Fat (35.3% calories from fat); 5g Protein; 27g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 232mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 6

NOTES: If I made this again, I'd add the chopped fresh arugula to the mixture when it's served; I wouldn't roast the arugula.

1. Preheat the oven to 450°F, and put a large shallow pan (like a baking tray) onto the middle rack. The pan will preheat with the oven.
2. In a food processor, combine the garlic, cilantro and ginger and process until fine, but not pureed.
3. In a large bowl, combine this mixture with all of the other ingredients except for the garnishes. Toss to mix. Carefully spread the mixture in the pan which is already in the oven. (If there isn't enough room around the veggies, use 2 pans - if it's crowded, the veggies will steam rather than roast and won't get crispy edges.) Roast for 40 minutes, stirring often and scraping up the brown bits on the bottom. The peppers should be tender, and the chickpeas should be crisp.
4. Transfer the vegetables to a serving bowl (and add the arugula if desired) and top with the garnishes. Serve. This is also equally good cold or served at room temp with or without the garnishes.