

# Roasted Vegetable Kebabs

*with Curried Chickpeas & Yogurt Sauce*

Kebabs, or food cooked on skewers, originated in ancient Greece, but can currently be found in many different cuisines all over the world. Evidence of people cooking kebabs dates as far back as about 1000 BC. In this recipe, we paired simply roasted vegetables with spiced chickpeas and topped it with a tangy and cooling yogurt sauce.



## Ingredients

- 6 to 7 Ounces Brussels Sprouts
- 3 Cloves Garlic
- 2 Carrots
- 1 Bunch Mint
- 1 Bunch Parsley
- 1 Lime
- 1 Onion
- ½ Head Cauliflower
- 4 Wooden Skewers
- 15-Ounce Can Chickpeas
- 1 Teaspoon Cumin
- 1 Teaspoon Mild Curry Powder
- 1 Teaspoon Turmeric
- ½ Cup Lowfat Plain Yogurt

Makes 2 Servings

About 450 Calories Per Serving

# Instructions



## 1 Prepare your ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the cauliflower into large florets. Cut the Brussels sprouts in half through the stem ends. Peel and thinly slice the onion. Peel and cut the carrots into ½-inch-thick rounds. Peel and mince the garlic, smashing until it resembles a paste. Finely chop the mint. Roughly chop the parsley. Cut the lime into quarters.



## 2 Assemble & roast the kebabs:

Thread the **cauliflower, carrots, and Brussels sprouts** onto the **skewers**, alternating the vegetables in any way you like. (If any vegetables didn't fit on the skewers, finely chop them and add to the chickpeas later.) Place the kebabs on a lightly oiled baking sheet. Drizzle the kebabs with a **little olive oil** and season them with salt and pepper. Roast 15 to 17 minutes, or until the edges of the vegetables are browned and slightly crispy.



## 3 Make the yogurt sauce:

While the kebabs roast, in a small bowl, combine the **yogurt, mint, about ⅓ of the garlic paste** (save the rest for the curried chickpeas), and **the juice from 1 lime wedge**. Stir until blended and season with salt and pepper to taste.



## 4 Start the curried chickpeas:

While the kebabs roast, in a large pan, heat a little olive oil on medium-high until hot. Add the **onion and the remaining garlic paste**; cook for 2 to 3 minutes, or until the onion is slightly softened, stirring occasionally. Season with salt and pepper. Increase the heat to high and **add any remaining vegetables**; cook for 2 to 3 minutes, or until the vegetables are softened, stirring occasionally. Season with salt and pepper to taste.



## 5 Finish the chickpeas:

While the kebabs finish roasting, drain and rinse the **chickpeas**. Add them to the pan along with the **turmeric, cumin, curry powder, and half the parsley**; cook 1 to 2 minutes to toast the spices, stirring frequently. Add **the juice of 1 lime wedge and 2 tablespoons of water** and cook 1 to 2 minutes, or until everything is well combined and heated through, stirring occasionally.



## 6 Plate your dish:

Once the kebabs are done, remove them from the oven. Divide the curried chickpeas between 2 plates and lay the kebabs on top. Spoon the yogurt sauce over the plate. Garnish with the **remaining parsley and lime wedges**. Enjoy!