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## **Chickpea and Cilantro Rice**

### **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.