



Curried Flax Chick Peas

- 2 tbsp. olive oil
- 2 tbsp. ground coriander
- 2 tbsp. ground cumin
- $\frac{1}{2}$ tsp. turmeric
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. sugar
- 2 tbsp. flour and enough water to make a paste
- 1 lb. chick peas, cooked and drained
- 1 or 2 green chilies, chopped (or 1 tsp. red pepper flakes)
- 1 tsp. ginger powder (or fresh ginger, 2" long - grated)
- 2 - 3 cups fresh coriander (cilantro) or parsley, chopped
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**
- 2 tomatoes, chopped

Heat oil in a large saucepan and fry the next 5 items. Add flour paste and stir frequently until the oil separates from the mixture. Add the chick peas, chilies, ginger, fresh cilantro (or parsley), Natunola® health's delight Shelled Flax Kernel and tomatoes.

Toss well and simmer for about five minutes. Serve warm.

Yields 4 - 6 servings.

Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 * Fax: (613) 774-2226 * flax@natunola.com * www.natunola.com