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Cooking Classes. Community. Fun.

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**Health Center**  
at AURARIA



# Eat

# WELL FEEL

# good



Cooking Classes.  
Community.  
Fun.

Join our monthly workshops, ***Cooking with Purpose***, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



# Chana Masala

**SERVES:** 4

An Indian favorite, Chana Masala, full of chana also known as chickpeas. Chana is a protein rich superfood, also dense in Folate and Manganese which promote fertility and thyroid health. Filled with a variety of spices, every spoon of this dish is packed with flavor.

## INGREDIENTS

- 1½ 2 (15 ounce) cans of chickpeas, also known as chana
- 1½ cups of water
- 2 tablespoons olive oil
- 1 bay leaf
- 1 inch cinnamon
- 2 large onions
- ¼ teaspoon ground ginger
- 1 tablespoon of finely chopped garlic
- 3 large tomatoes, finely chopped
- ¾ teaspoon salt
- ¼ teaspoon turmeric
- 1½ teaspoons of paprika
- 2 teaspoons coriander
- ½ teaspoon cumin powder
- 2 tablespoons of cilantro
- 2 teaspoons garam masala



### PRO TIP

Make extra to freeze leftovers, you won't be disappointed!

## DIRECTIONS

1. Heat oil in large pot, add cinnamon, and bay leaf. Once they begin to sizzle, add onion and green chili, sauté until they turn a light golden.
2. Add ginger and garlic and sauté until fragrant.
3. Add tomatoes & salt, cook until tender.
4. Add, turmeric, garam masala, coriander, and cumin powder.
5. For a thicker curry, discard bay leaf and cinnamon, and blend until pureed.
6. Rinse and drain chickpeas, add in along with 1¼ cups of water.
7. Taste for salt, simmer for 15 minutes.
8. Serve with rice, top with cilantro and lemon juice.



## Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution's CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

### CAMPUS RESOURCES

#### **Rowdy's Corner**

Tivoli 271  
rowdyscorner@msudenver.edu  
303-615-0423

#### **CU Food Pantry**

Wellness Suite, 3rd Floor  
Lynxbasicneeds@ucdenver.edu  
303-315-9355

#### **CCD SPARC Food Pantry**

Tivoli 260  
sparc@ccd.edu  
303-352-3243

#### **MSU Denver Student Care Center**

Tivoli 311  
studentcarecenter@  
msudenver.edu  
303-615-0006

#### **University of Colorado Denver CARE Team**

Tivoli 311  
shareaconcern@ucdenver.edu  
303-352-3205

#### **Community College of Denver Student Programming, Activities & Resource Center (SPARC)**

Tivoli 260  
sparc@ccd.edu  
303-556-2597

### COMMUNITY RESOURCES

#### **Denver Inner City Parish**

303-629-0636

#### **Metro Caring**

303-860-7200

#### **Hunger Free Colorado**

855-855-4626