Yellow Rice with Potato and Chickpeas

Indians eat rice with many meals. Pay careful attention when preparing this recipe to discover which spice causes the rice to turn yellow.

Servings: 4
Prep time: 40 minutes

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Ingredients
2 Tbsp canola oil
1 medium-size onion, diced
1 medium-size Russet potato, diced
3 cups water
1 cup basmati or long-grain rice
3/4 tsp salt
1/2 tsp cumin seeds
1/4 tsp ground turmeric
1 cup canned chickpeas, rinsed and drained

Directions
1. In a 3-quart saucepan over medium heat, heat oil; add onion and potato. Cook 5 minutes, stirring occasionally.
2. Add water, rice, salt, cumin seeds, and turmeric; over high heat, heat to boiling.
3. Reduce heat to low; cover and simmer 20 minutes, or until rice and potatoes are tender. During the last 5 minutes of cooking, stir in chickpeas.

Helpful tip
Basmati rice is a special, toasty-flavored Indian rice. Now, it is also grown in the United States. If you don’t find it at the supermarket, use regular, long-grain rice.

*Nutrition info per serving: Calories: kcal 260; Fat 8g; Sodium 460mg; Carb 41g; Fiber 4g; Protein 6g; Vit A 0%; Vit C 10%; Calcium 4%; Iron 8%
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories