

# SWEET POTATO CHICKPEA CURRY

## FOR THE MANAGEMENT OF EOSINOPHILIC GASTROINTESTINAL DISORDERS

### INGREDIENTS

- 1 tablespoon olive oil
- 1 sweet potato, peeled and diced
- 1 bell pepper, diced
- 1 bunch green onions (scallions), trimmed and thinly sliced, separate whites from greens
- 2 tablespoons tomato paste
- 1 tablespoon curry powder\*
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon cinnamon
- Red pepper flakes, optional
- 1 can (15 ounce) chickpeas (garbanzo beans), drained and rinsed
- 1 Roma tomato, diced
- 1 can (15 ounce) coconut milk
- ½ cup water
- 2 teaspoons sugar
- 2 bags boil-in-bag brown rice or two packages microwavable brown rice (about 4 cups cooked)

### INSTRUCTIONS

1. Heat olive oil in a large skillet with a lid over medium high heat.
2. Add sweet potato, bell pepper, and the white parts of the scallions and cook until vegetables begin to soften, 4-5 minutes.
3. Add tomato paste, curry powder, cumin, paprika, garlic powder, cinnamon, chickpeas, tomato, coconut milk, water, and sugar.
4. Stir well to combine, bring to a simmer, then reduce heat to low.
5. Cover and simmer, stirring occasionally, until sauce has thickened, 12-15 minutes.
6. While curry is cooking, prepare rice according to package instructions.
7. Serve rice topped with a 1 cup of curry, garnished with remaining green onion.



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4 SERVINGS



30 MIN



# SWEET POTATO CHICKPEA CURRY NUTRITION FACTS

## CHECK THE LABEL

### How can this meal be helpful with eosinophilic disorders?

After diagnosis of eosinophilic gastrointestinal disorders (EGIDs), dietary modification will likely be involved in treatment. Severe cases may require the use of an elemental formula, but many patients begin with a six-food elimination approach. These patients will remove milk, wheat, egg, soy, fish and shellfish, and nuts from their diet. These foods may be reintroduced one at a time while symptoms are closely monitored, and many patients experience remission with only these modifications.

Learning to plan meals that avoid these trigger foods may be challenging at first. Healthcare providers can encourage patients to experiment with new flavors such as this chickpea curry made with coconut milk and a variety of spices, so their choices feel less restricted.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(456g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 78g	<b>28%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 18g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 12g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 85mg	<b>6%</b>
<b>Iron</b> 4mg	<b>20%</b>
<b>Potassium</b> 682mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### The risk of malnutrition

Malnutrition is very common in patients with EGIDs, especially in children who often experience failure to thrive. Patients may experience frequent vomiting, food avoidance, or disordered eating patterns. This dish provides beneficial amounts of all three macronutrients, and the fat content from the coconut milk contributes to the 450 kcal per serving to promote weight gain. This recipe is also a great source of the fat-soluble vitamins A and K which will absorb more efficiently when eaten with a relatively high fat meal.