**Cooked Rapini Side Dish**

**Ingredients**

* 1 bunch of rapini (3 ¾ cup when cooked)
* 2 small, chopped onions (3/4 cup)
* 2 cloves of garlic
* 1 chopped tomato (1/2 – 1 cup)
* 1 chili pepper (optional for heat)
* 1 medium potato
* 2 tbs oil of choice

**Seasonings**

* 1 tsp cumin seeds
* ½ tsp salt
* ½ tsp pepper
* 1 tsp turmeric
* 1 tsp coriander powder
* ¼ tsp chili powder (optional)

**Instructions**

1. Poke the potato with a fork or knife all over to allow steam to escape during the cooking process. Microwave for 2 mins each side and flip.
2. Heat a pot on medium and add the washed rapini and salt Cover and cook for 5 mins
3. In a wok or large, deep pan, add the oil and cumin seeds, and cook until brown
4. Add the onion and garlic to the wok/pan. Stir and cook until onions are transparent (or until desired) and then add tomato, cook until soft
5. Peel the skin off the potato and cut it into cubes. Leave aside
6. Add the seasonings to the oil/veggie mixture and stir until well blended
7. Add the rapini and peeled and chopped potato and stir
8. Serve on half your plate with your protein and complex carbohydrate on the other half
9. Enjoy!

**Protein options:** fish, chicken, chickpeas, lentils, baked tofu

**Complex carb options:** Whole grain roti, whole grain pita, rice, whole grain bread/toast/bun, sweet potato, quinoa