



Coconut Chickpea Stew

Adapted by Chef Jen

Ingredients:

1 large onion

2 medium zucchinis

1 tbsp curry powder

1 (13.6 oz) can lite coconut milk

1 (14.5 oz) can chickpeas, drained and rinsed

Preparation:

1. Heat a large greased skillet on medium-high. Finely chop the onion and add to skillet. Cook 5 min.
2. Meanwhile, cut the zucchini into 1-inch chunks and add to skillet. Cook vegetables 5 min., until golden, stirring occasionally.
3. Stir in the chickpeas and curry powder. Cook 1-2 min.
4. Shake the can of coconut milk well. Remove skillet from heat and allow to cool slightly. Slowly add the coconut milk, stirring well. Then return to low heat and simmer ~ 5minutes.