Coconut Chickpea Stew

Adapted by Chef Jen

Ingredients:

1 large onion, diced
2 medium zucchinis, halved and sliced (or sub 1 small head cauliflower broken into florets)
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 ~ 5 minutes.