



monday

VEGAN COCONUT CHICKPEA CURRY

2 teaspoons avocado oil or canola oil
1 cup chopped onion
1 cup diced bell pepper
1 medium zucchini, halved and sliced
1 15-ounce can chickpeas, rinsed
1 ½ cups prepared coconut curry
simmer sauce
½ cup vegetable broth
4 cups baby spinach
2 cups pre-cooked brown rice, heated
according to package instructions

Heat oil in a large skillet over medium-high heat. Add onion, pepper and zucchini, cook, stirring often, until the vegetables begin to brown, 5 to 6 minutes.

Add chickpeas, simmer sauce and broth, bring to a simmer, stirring. Reduce heat to medium-low and simmer until the vegetables are tender, 4 to 6 minutes. Stir in spinach just before serving.

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Serves 4
Active Time 20m
Total Time 20m

NUTRITION FACTS

Calories: 471
Total Fat: 18g
Saturated Fat: 8g
Monounsaturated Fat: 2g
Cholesterol: 4mg
Sodium: 576mg
Carbohydrates: 66g
Dietary Fiber: 11g
Total Sugars: 12g
Added Sugars: 7g
Protein: 11g
Potassium: 489mg