

Vegetable and Chickpea Curry

Aromatic Indian spices mingle with chickpeas, green beans, and potatoes. Coconut milk is stirred into the cooked curry for a creamy finish. Serve over quick-cooking couscous.

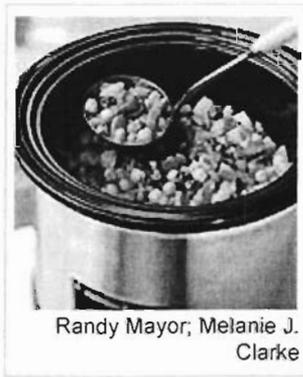
Yield: 6 servings (serving size: 1 1/3 cups vegetable mixture and 1 lemon wedge)

- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 1 cup (1/4-inch-thick) slices carrot
- 2 1/2 tablespoons curry powder
- 1 teaspoon brown sugar
- 1 teaspoon grated peeled fresh ginger
- 4 2 garlic cloves, minced
- 1 serrano chile, seeded and minced — 1 can diced green chili
- 3 cups cooked chickpeas (garbanzo beans) = 2 cans
- 1 1/2 cups cubed peeled baking potato — 1 sweet potato
- 1 cup diced green bell pepper — red
- 1 cup (1-inch) cut green beans
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground red pepper
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (14-ounce) can vegetable broth
- 3 cups fresh baby spinach — 1 bag
- 1 cup light coconut milk
- 6 lemon wedges — did not use

Heat oil in a large nonstick skillet over medium heat. Add onion and carrot; cover and cook 5 minutes or until tender. Add curry powder, sugar, ginger, garlic, and chile; cook 1 minute, stirring constantly.

Place onion mixture in a 5-quart electric slow cooker. Stir in chickpeas and next 8 ingredients (through broth). Cover and cook on HIGH 6 hours or until vegetables are tender. Add spinach and coconut milk; stir until spinach wilts. Serve with lemon wedges.

CALORIES 276 (23% from fat); FAT 7.2g (sat 1.9g, mono 2.3g, poly 1.3g); IRON 4.3mg; CHOLESTEROL 0.0mg; CALCIUM 107mg; CARBOHYDRATE 44.7g; SODIUM 623mg; PROTEIN 10.9g; FIBER 10.6g



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