QUICKPEA CURRY

Preparation: **15** min.. | Cooking: **35** min. | Servings: **6**

INGREDIENTS

2 cans (15 ounces each) chickpeas or garbanzo beans, rinsed and drained
2 cans (14 1/2 ounces each) diced tomatoes, undrained
2 garlic cloves, minced
1 medium onion, chopped
2 cups cubed sweet potato (about 1 medium)
1 1/2 cups frozen peas (about 6 ounces)

1 cup light coconut milk
1 cup uncooked whole-wheat Israeli couscous
1 tbsp. canola oil
1 tbsp. curry powder
2 tsp. sugar
1/4 tsp. crushed red pepper flakes
1/4 tsp. salt
Chopped fresh parsley
Plain yogurt (optional)

INSTRUCTIONS

In a large skillet, heat oil over medium heat; sauté onion and garlic with curry powder until tender, 3-4 minutes. Stir in tomatoes, chickpeas, sweet potato, coconut milk, sugar and pepper flakes; bring to a boil. Reduce heat; simmer, uncovered, until mixture is thickened and potatoes are tender, 25-30 minutes, stirring occasionally. Meanwhile, prepare couscous and peas separately according to package directions. Stir salt into peas. To serve, divide couscous among 6 bowls. Top with chickpea mixture, peas, parsley and, if desired, yogurt.