



Sweet Butternut Squash and Chickpea Curry

MyPlate2Yours - Lynn Dugan

Ingredients

1-1/2 pound butternut squash, peeled and diced (1/2 inch)
1 tablespoon coconut oil (or vegetable oil)
1-14 ounce can 'lite' coconut milk (unsweetened)
1 medium sweet onion, diced (about 1 cup)
2 cloves garlic, minced
2 teaspoons minced ginger
1 tablespoon curry powder
1 tablespoon tomato paste
1/2 teaspoon cinnamon
1- 15 ounce can chickpeas, rinsed and drained
1/2 cup sweet green peas (fresh or frozen)
Basmati rice (for gluten free) or Naan bread

Directions

In a large skillet, heat oil and sauté onion, ginger and garlic for about 3 minutes until onion becomes translucent. Add coconut milk, curry, tomato paste, and cinnamon. When mixture boils, add squash and sweet green peas. Cover and simmer on low until squash is tender, 10-15 minutes. Uncover skillet and add chickpeas. Heat through and taste. Adjust flavor with a sprinkle of curry powder, salt, and/or a pinch of sugar. Serve on a platter surrounded by triangles of toasted naan bread or over basmati rice. Enjoy!