

Summer Vegetable Curry

(Gluten-free)

Ingredients

- 1 small eggplant (about 3/4 pound)
- 1 small zucchini
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped (about 1/2 cup)
- 1 piece fresh ginger, about 1 inch, grated
- 1 tbsp curry powder
- 1/4 pound small fresh mushrooms
- 1 cup diced tomatoes (peeled and seeded)
- 1 (15-ounce) can no-salt-added chickpeas (also called garbanzo beans)
- 1 (14-ounce) can light coconut milk
- 1 cup fresh cilantro, chopped, for garnish
- 2 cups cooked brown rice

Directions

Wash and trim eggplant. Do not peel. Quarter and remove seeds. Cut into 1-inch cubes. Eggplant should yield about 3 cups. Wash and trim zucchini. Cut into 1-inch cubes. You should have about 1 cup.

Heat olive oil in a large pot. Add garlic, onion, and eggplant. Sauté until eggplant begins to soften, about 5 minutes. Add zucchini, ginger, curry powder, mushrooms, and diced tomato. Cook for 2 minutes. Add chickpeas and coconut milk. Cook on medium heat until all ingredients are heated through.

Serve with hot brown rice and garnish with fresh chopped cilantro.

Serves 4

Each serving (without rice) contains about 276 calories, 9 g protein, 14 g fat, 0 mg cholesterol, 29 g carbohydrates, 8 g fiber, and 31 mg sodium. A 1/2-cup serving of brown rice adds about 109 calories, 2 g protein, less than 1 g fat, 23 g carbohydrates, 2 g fiber, and 1 mg sodium.

To make this recipe gluten-free, use only spices or condiments that are gluten-free. Read food labels carefully and contact the company if you have any questions

