



Chickpea and Vegetable Stir-Fry recipe

SERVING: 1

INGREDIENTS

- 15 oz of cooked chickpeas
- Assorted vegetables (e.g., 1 bell pepper, 1 cup broccoli florets, 1 cup snap peas, 2 carrots), sliced or diced
- 2 tablespoons gluten-free tamari sauce or coconut aminos
- 2 cloves of garlic, minced
- 1-inch piece of fresh ginger, minced
- Cooked rice or quinoa (for serving)

Chickpea and Vegetable Stir-Fry recipe

DIRECTIONS

- In a pan, sauté minced garlic and ginger in a bit of oil.
- Add your choice of assorted vegetables and stir-fry until they are slightly tender.
- Add the chickpeas and a generous splash of tamari sauce or coconut aminos.
- Stir well and continue to cook for a few more minutes.
- Serve over cooked rice or quinoa for a gluten-free and protein-packed meal.

Calories	Carbs	Protein	Fat	Fibers
220	25	9	8	8