

Taken from canadianliving.com

Quick Vegetable Curry

Servings: 2

INGREDIENTS

1 tablespoon olive oil
2 cloves garlic minced
2 teaspoons curry powder
3/4 cups diced red onions
3/4 cups thinly sliced carrots
1/4 teaspoon each salt and pepper
2 tomatoes chopped
1 cup rinsed and drained canned chickpeas (half 540 mL can)
3 tablespoons lemon juice
1/2 cup diced cucumber
2 tablespoons 2% plain Greek yogurt
1/2 sweet red pepper diced

DIRECTIONS

In a nonstick skillet, heat oil over medium high heat; cook garlic and curry powder, stirring, until fragrant, about 1 minute.

Add onion; cook, stirring often, until softened slightly, about 3 minutes.

Add red pepper, carrot, 3 tbsp water, salt and pepper; cook, stirring often, until carrot is softened slightly, about 3 minutes.

Stir in tomatoes, chickpeas, lemon juice and 1/4 cup water; cook, stirring, just until vegetables are tender, about 3 minutes.

Serve with cucumber and yogurt.

Make-ahead: Let cool; refrigerate in airtight container for up to 3 days.

