Chickpea Stir-Fry

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes
Yield: 4 servings | Serving Size: ~1⅓ cups

Ingredients

- 1 tablespoon oil
- 1 tablespoon flour
- ¼ teaspoon garlic powder
- 2 tablespoons white vinegar or rice vinegar
- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 (15.5-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 (16-ounce) package frozen stir-fry vegetables
- 1 (8-ounce) can crushed pineapple
- 1 (8-ounce) can water chestnuts, drained

Directions

1. Heat a large skillet over medium heat.
2. Add the oil, garlic powder, vinegar, soy sauce, and flour. Whisk together to create a sauce.
3. Cook, while whisking, until the sauce thickens.
4. Add the chickpeas, stir-fry vegetables, pineapple, and water chestnuts.
5. Continue to cook until warmed through and the vegetables are tender.