



Chickpea Stir-Fry

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ~1½ 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.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 5 g | Saturated Fat: 0.5 g
Sodium: 585 mg | Total Carbohydrate: 57 g | Dietary Fiber: 8 g | Protein: 8 g**

Inspired by a recipe submitted by Diane M. Longerbone MA, RD, CD
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