

Red Curry Potatoes and Chickpeas

J. M. Hirsch - The Associated Press
Palm Beach Post

Servings: 4

Start to Finish Time: 20 minutes

3 large Yukon gold potatoes, cut into 1-inch chunks

1/4 cup water

1 teaspoon ground cumin

1 teaspoon cinnamon

1 can (16 pz) coconut milk

1 tablespoon Thai red curry paste

1 can (15 oz) chickpeas, drained

1 small red onion, thinly sliced

salt and ground black pepper (to taste)

1/4 cup fresh cilantro, chopped

1 teaspoon cider or white vinegar

2 scallions, finely chopped

In a medium microwave-safe bowl, combine the potatoes and water.

Microwave on HIGH until the potatoes are partly cooked, about 5 minutes.

Meanwhile, in a large dry saute' pan over medium-high heat, toast the cumin and cinnamon for 1 minute.

Add the coconut milk and curry paste. Bring the pan to a simmer.

Add the chickpeas and red onion, then return to a simmer. Once the potatoes have cooked, add them to the pan and toss..Then cover, reduce the heat to low and simmer for 12 minutes.

Season with salt and pepper, then stir in the cilantro and vinegar.

Serve topped with scallions.

Per Serving (excluding unknown items): 394 Calories; 18g Fat (38.5% calories from fat); 13g Protein; 50g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.