Curry Hash

Try this flavorful recipe for a quick and hearty dinner for curry lovers.

Serves 6



Ingredients

- 1 pound potatoes, scrubbed and diced
- 1-2 teaspoons olive oil
- ½ small onion, finely chopped
- 2 medium zucchini, diced
- 1 tablespoon curry powder
- 1 tablespoon fresh grated ginger
- 115-ounce can chickpeas
- Salt to taste

Nutrition Facts

Serving Size about 1 cup (220g) Servings Per Container 6

Servings Per Container 6			
Amount Per Se	rving		
Calories 20	0 Cal	ories fron	n Fat 25
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 36g 12%			
Dietary Fiber 8g			32%
Sugars 6g			
Protein 9g			
Vitamin A 4%	6	Vitamin 0	C 45%
Calcium 6%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grai		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			

Please note: nutritional values are approximate.

Directions

- 1. Bring potatoes to boil over medium-high heat until barely tender when pierced with a fork. Do not overcook!
- 2. Drain and set aside in cold water.
- 3. In a large skillet, heat olive oil over medium heat.
- 4. Add onions and sauté until soft, approximately 5 minutes.
- 5. Add curry, ginger, and zucchini to onions and sauté 2-3 minutes more until zucchini begins to soften.
- 6. Add chickpeas and potatoes and cook 5-10 minutes more.
- 7. Salt to taste.

