

DINNER
TONIGHT

MEATLESS
MONDAY



MINUTES

GAME PLAN

WHILE OVEN PREHEATS

Prepare chickpeas.
Sauté vegetables.

WHILE CHICKPEAS BAKE

Simmer vegetable
mixture.
Prepare couscous.



butternut- cauliflower- coconut curry

STAFF
FAVE

A range of textures—crunchy peas, tender vegetables, and silky coconut broth—makes this cool-weather main incredibly satisfying. The chickpea mixture can also be a delicious gluten-free snack: After baking, toss with a little kosher salt, ground cumin, and ground red pepper.

- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 3 Tbsp. olive oil, divided
- 1/2 cup frozen green peas, thawed
- 3/4 cup chopped yellow onion
- 2 Tbsp. minced fresh garlic
- 2 Tbsp. all-purpose flour
- 1 1/2 Tbsp. curry powder
- 1 cup cubed peeled butternut squash
- 1 cup fresh cauliflower florets

- 1 cup diced red potatoes
- 4 cups unsalted vegetable stock
- 1 tsp. freshly ground black pepper
- 1/2 tsp. kosher salt
- 1 cup light coconut milk
- Lime wedges (optional)

1. Preheat oven to 450°F.
2. Place chickpeas on a rimmed baking sheet; pat dry. Add 1 tablespoon oil to chickpeas; toss to coat. Spread chickpeas in an even layer on pan. Bake at 450°F for 30 minutes. Add green peas to pan; bake at 450°F for 5 minutes or until chickpeas and green peas are crisp.
3. Heat a large Dutch oven over medium. Add remaining 2 tablespoons oil; swirl to coat. Add onion and garlic; sauté 5 minutes. Add flour

and curry powder; cook 1 1/2 minutes or until flour begins to brown, stirring constantly. Stir in butternut squash, cauliflower, and potatoes. Add vegetable stock, pepper, and salt; bring to a boil over medium-high. Reduce heat to medium-low, and simmer 15 to 20 minutes or until vegetables are tender.

4. Remove pan from heat; stir in coconut milk. Place about 1 1/2 cups vegetable mixture in each of 4 bowls; top each serving with about 1/3 cup chickpea mixture. Serve with lime wedges, if desired.

✎ SERVES 4

CALORIES 358; **FAT** 14.6g (sat 4.4g, mono 7.5g, poly 1.2g); **PROTEIN** 12g; **CARB** 49g; **FIBER** 9g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 0mg; **IRON** 3mg; **SODIUM** 557mg; **CALC** 117mg

SERVE WITH CILANTRO-CHILE COUSCOUS

- 1 cup unsalted vegetable stock
- 2/3 cup uncooked whole-wheat couscous
- 3/8 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/2 cup chopped fresh cilantro stems
- 1 Tbsp. olive oil
- 1 small red Fresno chile, thinly sliced

1. Bring stock to a boil in a small saucepan. Add couscous, salt, and pepper. Cover; remove from heat. Let stand 10 minutes. Uncover; stir in cilantro, oil, and chile.

✎ SERVES 4 (serving size: 3/4 cup)

CALORIES 154; **FAT** 3.8g (sat 0.5g, mono 2.5g, poly 0.4g); **PROTEIN** 5g; **CARB** 27g; **FIBER** 4g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 241mg; **CALC** 16mg