

Kung Pao Chickpeas

Ingredients

For the chickpea marinade

2 tablespoons reduced-sodium soy sauce

2 tablespoons rice wine vinegar

1 lime, juiced and zested

1 tablespoon agave or honey

1 tablespoon organic coconut oil, melted

1 tablespoon arrowroot powder or cornstarch

For the chickpeas

2 tablespoons organic coconut oil

1-14.5 ounce) can chickpeas, drained and rinsed

1 cup bottled all-natural kung pao sauce (or homemade)

2 – 3 garlic cloves, minced

1 (1-inch) knob fresh ginger, grated

½ teaspoon chili flakes or crushed red pepper

For the garnish

1 small bunch green onions, thinly sliced

1 – 2 spicy red jalapeños or Thai chili peppers

Cashews, for garnish (optional)



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In a bowl, combine all the ingredients for the marinade. Add the chickpeas to the marinade, and stir well to coat. Cover the chickpeas, and allow them to marinate for at least 30 minutes to 1 hour. To a large pan over medium heat, add the coconut oil, the marinated chickpeas and the remaining ingredients for the chickpeas. Sauté for about 6 – 8 minutes, until the chickpeas begin to caramelize and brown slightly. Remove from the heat, and allow the chickpeas to cool slightly. Serve the warm chickpeas over steamed brown rice or quinoa, and garnish with sliced peppers, cilantro, cashews and green onions.

-<http://www.sheknows.com/food-and-recipes/articles/1044615/kung-pao-chick-peas-recipe>