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**LOW FAT THAI COCONUT CURRY WITH CHICKPEAS**

This super fast and easy recipe is absolutely delicious. It makes 4 servings and freezes really well making it a super fast healthy meal on the go. Chickpeas add a great texture and boost the protein content. Serve this over brown rice to really make a meal.

**Ingredients**

* 1 Tbs. dark sesame oil or coconut oil
* 2 large shallot bulbs, diced
* 2 cloves of garlic, minced or diced finely
* 1 can coconut milk
* 2 Tbs. tamari or soy-free coconut seasoning sauce
* 2 Tbs. Thai red curry paste
* 1 Tbs. dried basil
* 1 tsp. salt
* ½ tsp. turmeric
* A little black pepper
* 1 can chickpeas or 1 ½ cups cooked
* 1 large tomato, diced
* 1 cup spinach, shredded
* Cooked brown rice

**Method**

1. In a medium pot or large deep sauce pan, add oil and heat on low medium (4).
2. Sauté the shallots and garlic until the shallots are translucent.
3. Add the coconut milk, tamari, red curry paste, basil, salt, turmeric and pepper and heat through until the coconut milk has melted.
4. Add the chickpeas, tomato and spinach and cook for about 10 minutes on low simmer until the spinach has wilted.
5. Serve over brown rice or cool and freeze in glass containers.