

# Lemony Chickpea Stir-fry Recipe



Yields: 2-4 servings

## Ingredients:

- 2 tablespoon extra-virgin olive oil
- fine grain sea salt
- 1 small onion or a couple shallots, sliced
- 1 cup canned chickpeas
- 1 pkg. extra-firm tofu (8 oz)
- 1 cup of chopped kale
- 2 small zucchini, chopped
- Zest and juice of 1/2 a lemon

## Instructions:

1. Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat and stir in a big pinch of salt, the onion, and chickpeas. Sauté until the chickpeas are deeply golden and crusty.
2. Stir in the tofu and cook just until the tofu is heated through, just a minute or so. Stir in the kale and cook for one minute more.
3. Remove everything from the skillet onto a large plate and set aside.
4. In the same skillet heat the remaining tablespoon of ghee/olive oil, add the zucchini and sauté until it starts to take on a bit of color, two or three minutes.
5. Add the chickpea mixture back to the skillet, and remove from heat.
6. Stir in the lemon juice and zest, taste, and season with a bit more salt if needed. Turn out onto a platter and serve family style.