

Chef Dennis's Favorite Recipes



Summer is coming and what a way to cool it down with this great vegetarian dish that is light with a little spice.

Curried Chick Peas

Ingredients

- 1 16 oz. can of Chick-peas, rinsed and drained
- 1 10 oz. can Fire Roasted Tomatoes
- 1 cups Diced pineapple, fresh (must be fresh)
- 1 cup diced Red or Orange bell peppers
- 1 cup fresh corn
- 1 small sweet potato, diced
- 2 cups fresh baby spinach
- ½ teaspoon curry
- ½ teaspoon coriander
- ¼ teaspoon ground ginger
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- ¼ teaspoon cumin
- 1 tablespoon siracha

Directions

- * In a sauté pan, heat about 1 tablespoon grapeseed oil and sauté peppers, potatoes and seasonings.
- * Cook until softened.
- * Add pineapple, chickpeas and tomatoes and cook until heated.
- * Add spinach, herb and sriracha. Toss and serve.

**Serve with a nice piece of salmon or a grilled chicken breast.