

# Curried Chicken and Chickpea Stew

*Serves 8*

## **Ingredients:**

1 ½ lb. boneless, skinless chicken breasts, cut into 2-inch pieces

1 ½ lb. boneless, skinless chicken thighs, cut into 2-inch pieces

1 Tbsp. olive oil

1 Tbsp. curry powder

½ tsp. salt

2 onions, thinly sliced

4 cloves garlic, finely chopped

1 28-oz. can diced tomatoes with juice

2 15-oz. cans chickpeas, rinsed and drained



## **Directions:**

1. In an 8-inch ovenproof nonstick skillet or well-seasoned cast-iron pan, melt butter over medium heat. Add onion and cook, stirring occasionally, until translucent, about 4 minutes. Add broccoli, sprinkle with salt and pepper and cook, stirring occasionally, until just tender, about 6 minutes longer.
2. Preheat broiler to high and set an oven rack 4 inches from heat source. In a medium bowl whisk together eggs; season with additional salt and pepper. Pour eggs over onion-broccoli mixture, stir to combine, then dot surface with feta. Cook, without stirring, until eggs are set on bottom and beginning to set on top, about 5 minutes. Transfer pan to oven and broil until eggs are set and beginning to brown, 2 to 3 minutes. Cut into wedges, and serve hot or at room temperature.

**Per Serving 320 calories, 12g fat, 0g trans fat, 510mg sodium, 4g fiber, 15g protein, 90% DV (daily value) for vitamin A, 6% DV for vitamin C, 15% DV for calcium and 15% DV for iron.**

**TREASURE BOX ITEMS=**

