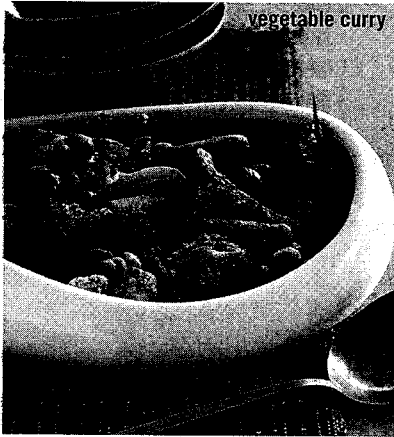


home cooking/five-ingredient dinners



vegetable curry

pictured above

Prep 5 minutes

Cook about 15 minutes

Makes about 5 cups or 4 main-dish servings

- 1 package (16 ounces) fresh mixed vegetables for stir-fry**
- 1 bunch green onions, cut into 2-inch pieces**
- 1 can (15 to 19 ounces) garbanzo beans (chickpeas), rinsed and drained**
- 1 jar (15 ounces) Indian korma sauce or jalfrezi red pepper sauce (or one 10-ounce can plus ½ cup water)**
- 1 cup loosely packed fresh cilantro leaves**

1. In nonstick 12-inch skillet, combine mixed vegetables and green onions; stir in ½ cup cold water. Cover skillet and cook 5 minutes over medium-high heat, stirring occasionally until vegetables are tender-crisp.

2. Stir garbanzo beans and korma sauce into vegetable mixture in skillet. Cover skillet and heat to boiling, stirring occasionally. Remove skillet from heat; stir in cilantro leaves.

>> Each serving: About 360 calories, 12 g protein, 57 g carbohydrate, 10 g total fat (5 g saturated), 12 g fiber, 2 mg cholesterol, 730 mg sodium.