

Garbanzo Stirfry
With Garlic

Ingredients:

4 tablespoons olive oil
1 tablespoons fresh oregano, finely chopped
1 tablespoons fresh basil, finely chopped
1 clove garlic, minced
ground black pepper to taste
1 (15 oz) can garbanzo beans, rinsed and drained
1 large zucchini, halved and sliced
½ cup baby Portobello mushrooms, sliced
1 large tomato, chopped
1 tablespoon cilantro, chopped

Heat olive oil in a large skillet or wok

Add chopped oregano, basil, garlic and pepper

Add garbanzo beans and zucchini, stir well to coat the vegetables with oil and herbs, cover and simmer for 10 minutes.

Stir in mushrooms and cilantro and cook until tender, stirring periodically.

Add tomatoes to top of mixture, allowing them to steam under cover for a few minutes.
Serve immediately.

TIP: *This recipe is absolutely delicious and is complimented well by hummus and pita crisps!*