

Lemony Chickpea Stir-fry

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chickpeas-recipe>

Ingredients:

- 2 tablespoons ghee or extra-virgin olive oil
- salt fine grain sea
- 1 onion small, or a couple shallots, sliced
- 1 cup chickpeas cooked, canned is fine, if you don't want to cook up a pot of dried chickpeas
- 8 ounces extra firm tofu
- 1 cup kale chopped
- 2 zucchini small, chopped
- 1/2 lemon a

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 29 grams
3. Fat: 14 grams
4. Fiber: 7 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 490 milligrams
8. Sugar: 5 grams

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