



Makes 6 cups
Preparation Time: 25 minutes

INGREDIENTS:

1 onion, chopped (1 cup)
1 large red bell pepper, chopped (1 cup)
6 cloves garlic, minced
1 teaspoon dried oregano
½ teaspoon dried thyme
3 medium zucchini, halved lengthwise and cut into ¼-inch slices (4 cups)
1 15-oz. can chickpeas, rinsed and drained (1½ cups)
1 cup oil-free marinara sauce
1 tablespoon white wine vinegar
Sea salt and freshly ground black pepper, to taste
8 to 10 fresh basil leaves, chopped

Italian-Style Zucchini and Chickpea Sauté

This colorful, classic Italian side dish features a saucy medley of fork-tender veggies. Look for 6- to 7-inch zucchini with a vibrant green color for best results: Large zucchini tend to have more seeds and less flavor.

By Darshana Thacker Wendel

- 1 Heat an extra-large skillet over medium. Add the first five ingredients (through thyme); cook 10 minutes, stirring often and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 2 Add zucchini; cook 10 minutes more or until zucchini is tender. Stir in chickpeas, marinara sauce, and vinegar. Season with salt and black pepper. Heat through. Serve immediately garnished with basil.