

"Cheesy" Vegan Coconut Sautéed Chickpeas

From <http://www.fannetasticfood.com/>



Here's a tasty, quick recipe with some healthy kale and cheesy nutritional yeast. According to Anne, who created this wholesome goodness, "it smells and tastes like cheesy butter goodness - but it's vegan!" I wholeheartedly agree. Just made it tonight and it satisfies my cheese craving. And...It's only 327 calories per person. A great light lunch or dinner meal.

Makes 2 to 4 servings depending on whether you'll be having it as a main dish or side.

Ingredients:

- 1 can cooked chickpeas, drained & rinsed
- 1 Tbsp. extra virgin coconut
- 2 Tbsp. nutritional yeast
- 1/4 tsp. garlic powder
- 1 to 2 C fresh kale (loosely packed)
- 1/2 Tbsp. lemon juice
- 1 Tbsp. water (to keep it from drying out)
- Salt & pepper to taste (I used a pinch each)

Instructions:

Toss everything into a pan and heat, stirring frequently, on medium for 5 to 10 minutes, or until kale is fully wilted. Enjoy!