

Harvest Vegetable Curry

Hosted by: Vaughn L. Vargus, Sr. Executive Chef & Elizabeth Shaw, Registered Dietitian
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Recipe can be found at myrecipes.com:

<http://www.myrecipes.com/recipe/fall-vegetable-curry-10000002012769/>

Ingredients

- 1 1/2 teaspoons olive oil
- 1 cup diced peeled sweet potato
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons Madras curry powder
- 1/2 cup organic vegetable broth (such as Swanson)
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro
- 1/2 cup plain fat free Greek yogurt

Preparation

1. Heat olive oil in a large nonstick skillet over medium-high heat.
2. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium.
3. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly.
4. Add broth and next 3 ingredients (through tomatoes); bring to a boil.
5. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally.
6. Sprinkle with cilantro; serve with yogurt.

Cranberry Slaw: <http://www.vegkitchen.com/recipes/salads/slaws/cranberry-slaw/>

This slightly sweet slaw is easy enough for everyday meals, yet plenty festive for holiday meals. It's always a hit, and adds little to your workload.

Serves: 8 to 10

- 6 cups thinly shredded white cabbage (use pre-shredded coleslaw if you'd like)
- 2/3 cup dried cranberries
- 1/3 cup toasted slivered almonds
- 1/2 cup fat free plain yogurt
- 1 tablespoon lemon juice
- 2 tablespoons minced fresh parsley, optional

Combine all the ingredients in a serving bowl and mix until well combined. Serve at once or cover and refrigerate until needed.

Variation: Use 3 cups each red and green cabbage for a more festive look.