

Fall Vegetable Curry

Adapted from MyRecipes.com
Makes 4 servings.

INGREDIENTS

- 1 ½ teaspoons olive oil
- 1 cup small cauliflower florets
- ¼ cup thinly sliced yellow onion
- 2 teaspoons masala curry powder
- ½ cup vegetable broth
- 1 – 15oz. can chickpeas (garbanzo beans), drained
- 1 – 14.5 oz. diced tomatoes
- 2 tablespoons fresh cilantro
- ½ cup plain, reduced-fat Greek yogurt

MATERIALS NEEDED

- Cutting board
- Knife
- Can opener
- 1 pan
- Cooking spoon
- Measuring spoons
- Measuring cups

COOKING INSTRUCTIONS

- Heat olive oil in large pan over medium-high heat.
- Add cauliflower, onion, and curry powder to pan and cook for 2 minutes stirring constantly.
- Add broth, chickpeas, tomatoes, and salt.
- Bring to a boil.
- Once it has boiled, cover and reduce heat to medium-low. Simmer for 10 minutes, stirring occasionally.
- Serve with a dollop of yogurt and a sprinkle of cilantro.

Nutrition Facts

Serving Size (265g)		Servings Per Container	
Amount Per Serving			
Calories 160	Calories from Fat 40		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 590mg	25%		
Total Carbohydrate 24g	8%		
Dietary Fiber 2g	8%		
Sugars 6g			
Protein 9g			
Vitamin A 15%	• Vitamin C 50%		
Calcium 8%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4