

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Fall Vegetable Curry

Makes: 4 servings • **Active Time:** 13 minutes • **Total Time:** 45 minutes

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 2% reduced-fat Greek yogurt



Preparation

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

Nutrition

- **Per serving: (1 cup with 2 tbsp yogurt)** Calories: 231 Fat: 3.9g Saturated fat: 0.9g Monounsaturated fat: 1.6g Polyunsaturated fat: 0.9g Protein: 10.4g Carbohydrate: 40.8g Fiber: 8.6g Cholesterol: 2mg Sodium: 626mg

Tips

This Fall dish will make you feel warm inside with all the great flavors, it is also an easy way to get your vegetables in for the day. Pair this with ½ cup brown rice for a complete meal that is also high in fiber.