

Yellow Vegetable Curry

U.S.

1 Tbsp	Olive Oil	15 mL
1 small	Onion, diced small	80 g
4 cloves	Garlic, minced	12 g
1 Tbsp	Ginger, freshly grated (or 1 tsp ground)	15 g
1/2 cup	Broccoli, chopped	57 g
1/2 cup	Carrots, diced small	57 g
1/2 cup	Cauliflower, diced	57 g
3/4 cup	Chickpeas, canned, drained, rinsed	85 g
1/4 tsp	Salt	1.25 g
To Taste	Black Pepper, ground	To Taste
1/4 cup	Tomato, diced	28.25 g
1 Tbsp	Curry Powder	9 g
1/8 tsp	Cayenne Pepper	0.75 g
1 can (8 oz)	Light Coconut Milk	400 g
1.5 cups	Vegetable Stock	355 mL
1/2 cup	Yogurt, plain, low fat	57 g

Metric

To Serve:

1 each	Lime, cut into wedges	1 each
1/2 cup	Cilantro, basil, or mint, roughly chopped	30 g
To Taste	Crushed Red Pepper (optional)	To Taste

Preparation:

1. Gather all ingredients and equipment.
2. Heat a large saucepan or pot over medium heat and add 1 Tbsp olive oil. Add the onion and cook until translucent.
3. Add the garlic, ginger, broccoli, carrots, cauliflower, chickpeas, salt, and pepper. Cook, stirring frequently, until softened.
4. Add tomatoes, curry powder, cayenne, coconut milk, vegetable stock, and stir. Bring to a simmer and reduce heat, continue cooking for 10-15 minutes.
5. Stir in the yogurt at last minute of cooking.
6. Serve over brown rice and garnish with a lime wedge, fresh herbs, and crushed red pepper (optional).

****Nutrition Facts on Reverse**

Serving size	1 cup
Servings	4
Calories	180
Calories from Fat	90
Total Fat	10 g
Saturated Fat	6 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	260 mg
Carbohydrates	17 g
Dietary Fiber	3 g
Sugars	6 g
Protein	6 g
Vitamin A	60 %
Calcium	10 %
Vitamin C	35 %
Iron	4 %
Phosphorus	103 mg
