

Fall Vegetable Curry

Hands-On Time

13 Mins

Total Time

25 Mins

Yield

4 servings (serving size: 1 cup curry and 2 tablespoons yogurt)

Elizabeth Nelson October 2010

COOKING LIGHT

Embrace Indian flavors by making this vegetarian meal that only takes about 30 minutes from start to finish.

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

Nutritional Information

Calories 231, Fat 3.9g, Satisfat 0.9g, Monofat 1.6g, Polyfat 0.9g, Protein 10.4g, Carbohydrate 40.8g, Fiber 8.6g, Cholesterol 2mg, Iron 2.5mg,

How to Make It

Step 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. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro; serve with yogurt.

Step 2 Wine match: Viognier. Tagent 2008 Paragon Vineyard Viognier (Edna Valley, CA; \$17) is your must-try wine here, with notes of gardenia, peach, and apricot. It is full-bodied enough to meet the chickpeas halfway but crisp enough to hold up to the tangy tomatoes and yogurt. --Sara Schneider

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.