

Cauliflower and Chickpea Curry with Potatoes

From the American Institute of Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=20154&news_iv_ctrl=1264

Ingredients

- 4 cups bite-size cauliflower florets
- 1 medium yellow-flesh potato, peeled and diced (roughly 1 cup)
- 1 cup fat-free, reduced-sodium chicken or vegetable broth, divided
- 1 cup red onion, cut in thin crescents
- 3 garlic cloves, thinly sliced
- 2 Tbs. curry powder, hot or mild (add more or less to taste)
- 3 cups green cabbage, in ½-inch strips
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cup frozen cut green beans
- ¾ cup reduced-fat coconut milk, preferably organic
- Salt and ground black pepper (to taste)
- 4 hard-cooked eggs (whites), optional, for garnish

Instructions

1. In medium pot of boiling water, cook cauliflower and potatoes for 3 minutes. Drain, and set aside.
2. In large Dutch oven, heat ½ cup broth until it bubbles around edges. Add onion and garlic, and cook until onion is translucent (4 minutes), stirring occasionally.
3. Mix in curry powder until fragrant, 30 seconds. Add cabbage and cook, stirring occasionally, until it wilts (4-5 minutes), adding ¼ cup water if the pot gets dry before cabbage is limp.
4. Add chickpeas, green beans, cauliflower, and potatoes. Pour in remaining ½ cup broth and coconut milk. When liquid starts to bubble around edges of the pot, reduce heat and simmer, stirring occasionally, until potatoes are tender and cauliflower is tender-crisp, 15 minutes.
5. Season to taste with salt and pepper.
6. To serve, divide curry, including liquid from pot, among 6 soup bowls.

If using eggs, discard egg yolks or reserve for another use, and coarsely chop the whites. Sprinkle as garnish over curry.

Makes 6 servings

Nutrition information per serving:

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| Calories | 182 |
| Carbohydrates | 33 g |
| Protein | 8 g |
| Total Fat | 4 g |
| Saturated Fat | 2 g |
| Fiber | 8 g |
| Sodium | 257 mg |

