



Indian Vegetable Curry

INGREDIENTS

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| ½ onion; sliced | 1 TBSP chopped fresh cilantro |
| 1 TBSP olive oil | 1 Teaspoon salt |
| 1 TBSP minced garlic | ½ cup water |
| 1 ½ TSP minced fresh ginger root | 1 yellow squash; sliced |
| 1 TBSP curry powder | 5 broccoli florets; broken apart |
| 1 TSP ground cumin | 5 cauliflower florets; broken apart |
| 1 TSP ground turmeric | 6-7 mushrooms; sliced |
| 1 TSP ground coriander | 2 carrots; peeled and diced |
| 1 TSP cayenne pepper | 1 TBSP fresh lemon juice |
| 1 (15 oz) can crushed tomatoes | 1 cup plain yogurt |

DIRECTIONS

To a large skillet on medium-high heat, add the onion, oil, garlic, and ginger. Cook and stir until the onion turns translucent, about eight minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and tablespoon of water into the onion mixture; allow to heat together for about one minute while stirring. Add the tomatoes, yogurt, chopped cilantro, and one teaspoon salt. Stir again for a minute. Pour ½ cup water into the mixture; bring to a boil. Add squash, broccoli, cauliflower, mushrooms, and carrots. Cover the skillet and simmer for an hour. Sprinkle with lemon juice to serve. Makes approximately 6 servings; 150 calories each.