

# Cauliflower & Lentil Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8    Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable oil, divided	2	Tablespoons
Onion, chopped	1	cup
Garlic, fresh, minced	1	Tablespoon
Ginger, fresh, peeled and minced	1	Tablespoon
Cumin, ground	1	teaspoon
Turmeric	½	teaspoon
Curry powder	2	Tablespoons
Salt, divided	1	teaspoon
Black pepper	1	teaspoon
Lentils, dry	1	pound
Vegetable stock, prepared	1	quart
Cauliflower, cut into small florets	1	head (4 cups)
Carrots, medium dice	1	cup
Coconut milk, canned	1 ¾	cups (1-15 oz can)

## Preparation

1. Heat 1 tablespoon of oil in a pan. Once the oil is warm, add onions and sauté until soft.
2. Add garlic, ginger, cumin, turmeric, curry powder and ½ teaspoon each of salt and pepper. Cook for 2 minutes.
3. Stir in lentils and pour in stock. Bring to a boil, reduce heat and cook for ten minutes until tender. DO NOT OVERCOOK.
4. Meanwhile, heat the remaining 1 tablespoon of oil in a pan. Add cauliflower and carrots. Cook for 3-5 minutes, until lightly brown.
5. Add the cauliflower, carrots, and coconut milk to the lentil mixture.
6. Add the coconut milk to lentil mixture and bring to a gentle simmer. Cook for 10 minutes or until vegetables are tender.
7. Taste and adjust seasoning with last ½ teaspoon each of salt and pepper.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 340 Total Fat: 11g Saturated Fat: 6g Trans Fat: 0g Monounsaturated Fat: 2.7g Polyunsaturated Fat: 1.4g Carbohydrate: 46g Fiber: 20g Total Sugars: 5.7g Protein: 18.4g Sodium: 453mg Vitamin A: 136mg Vitamin C: 41mg Calcium: 75mg Iron: 6.3mg Folate: 327mcg