Vegetable Curry

This economical dish is loaded with vegetables and disease-fighting antioxidants.

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, finely chopped

1 1/2 tablespoons curry powder

1 teaspoon ground cumin

1 (14.5oz) can diced tomatoes including liquid

1 tablespoon soy sauce

3 cups mixed seasonal vegetables, chopped (bell pepper, carrots, broccoli, potato, eggplant, etc.)

1/4 teaspoon black pepper

1 cup plain low-fat yogurt

1/2 cup cilantro or parsley, finely chopped

Servings:	6
Serving Size:	1/6 recipe
Calories	100
Total Fat	3g
Saturated Fat	1g
Cholesterol	2mg
Sodium	230mg
Total Fiber	3g
Protein	4g
Carbohydrates	15g
Potassium	480mg

1. Heat oil in a large skillet on medium-high heat.
2. Add onion and garlic and sauté for 3-5 minutes.
3. Add curry powder and cumin and cook for 2-3 minutes more.
4. Add the mixed vegetables, can of tomatoes, soy sauce, and pepper.
5. Cook for 20-30 minutes or until vegetables are cooked.
6. Serve over brown rice with a dollop of yogurt and garnish with cilantro or parsley.

Recipe modified from Sustainable Food Center Fresh Seasonal Recipes 3rd Edition