Roasted Cauliflower and Chickpea Curry

By Jeanette Hurt   **Servings: 8 (¾ c.)**

Ingredients
1 head cauliflower, cut in half with leaves and core removed 3 med. carrots, peeled juice of ½ lemon (about 1 T.) 2 t. extra-virgin olive oil 1 med. yellow onion, diced 2 large cloves garlic, minced 1 16-oz. can garbanzo beans, drained 1 16-oz. can light coconut milk 1 T. plus 1 t. curry powder 1 T. cilantro, minced

Nutrient value per serving

Exchanges .... 1 starch
.... 1 milk
.... 2 vegetable
.... 1 protein
.... 1 fat
Calories 299
Calories from Fat 66
Total Fat .... 6 g
Saturated Fat .... 3 g
Cholesterol .... 1 mg
Sodium .... 236 mg
Carbohydrate .... 62 g
Fiber .... 9 g
Sugar .... 36 g
Protein .... 8 g

Instructions

1. Preheat oven to 350°F. Place cauliflower and carrots in a roasting pan and drizzle with lemon juice. Roast for 25-30 min. Remove from heat and slice both cauliflower and carrots into bite-sized pieces.
2. On the stove, heat a large pan or medium-sized pot over high heat for 2 min. Add oil, then onions. Sauté over medium-high heat until tender, or about 5 min. Add garbanzo beans and stir for 1 min.
3. Pour in coconut milk and add roasted vegetables. Stir in curry powder. Cook until flavors meld, or about 2-3 min. Fold in cilantro.
4. Serve each portion with ½ c. cooked rice or quinoa, if desired.

Notes

Prep and cook time: 45 min.

GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.