



Indian-Spiced Eggplant & Cauliflower Stew

- 1 pound of eggplant, cut into 1-inch chunks
- 3 cups cauliflower florets
- 1 large onion
- 1 15-ounce can of unsalted diced tomatoes
- 1 15-ounce can of chickpeas, rinsed
- ½ cup water
- 2 Tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground mustard seeds
- 1½ Tbsp canola or vegetable oil
- 2 cloves of garlic, minced
- 1 tsp grated ginger
- ¾ tsp salt
- ½ cup nonfat plain yogurt (optional)



1. Toast the curry powder, cumin and mustard seeds in a pot over medium heat, stirring for about 1 minute until the spices begin to darken. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot. Stir for 3-4 minutes until softened.
3. Stir in eggplant, cauliflower, tomatoes, chickpeas, water, and reserved spices. Bring to a simmer.
4. Top each serving with a dollop of yogurt, if desired.

Makes: 6 servings

Nutrition Information:

CALORIES 160 (28% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 480mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 6g; CALCIUM 6%; IRON 15%



Seared Sugar Snap Peas

- 1 pound sugar snap peas, strings removed
- 3-4 scallions or green onions, sliced diagonally
- 1 Tbsp olive or vegetable oil
- Dash of salt
- Pinch of sugar
- Zest of 1 lemon
- 3 Tbsp chopped fresh mint
- Black pepper to taste
- Lemon juice to taste

1. Heat a large sauté pan on high heat for 1 minute. Add the oil to the pan and heat until it simmers, about 1-2 minutes.
2. Add the sugar snap peas and toss to coat with oil. Sprinkle with a pinch of salt and toss again. Allow to cook undisturbed for 1 minute.
3. Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook again undisturbed for 2 minutes.
4. Remove heat and mix in lemon zest and mint.
5. Add black pepper and lemon juice to taste.
6. Serve and enjoy!



Makes: 4 servings

Nutrition Information:

CALORIES 100 (30% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 80mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 15%