

FALL VEGETABLE CURRY

adapted from CookingLight.com

1 ½ tsp	Olive Oil
1 cup	Sweet Potato, peeled and diced
1 cup	Cauliflower Florets
1 cup	Broccoli Florets
1 ea	Carrot, thinly sliced
1 cup	Yellow onion, thinly sliced
1 TB, 1 tsp	Madras Curry powder
1 ½ tsp	Garam Marsala
½ cup	Red Pepper
½ cup	Edamame
½ cup	Sundried Tomatoes
1 15 oz	Chickpeas, canned
1 14.5 oz	Diced tomatoes, unsalted, undrained
¼ cup	Cilantro, chopped
½ cup	Greek Yogurt

Heat olive oil over medium high heat, add sweet potatoes, sauté 3 minutes.

Decrease heat to medium, add cauliflower, broccoli, onion, curry powder and cook for 1 minute stirring constantly.

Add garam marsala, red pepper, edamame, sundried tomatoes, chickpeas, and diced tomatoes. Bring to boil, cover, reduce heat and simmer until vegetables are tender.

Sprinkle with cilantro, serve with yogurt, mango chutney (with added chopped mangoes).