

Cauliflower and Pea Curry

Who needs take-out when you can whip up your own healthy curry dish? This easy curry adds a blast of health-protective, anti-inflammatory Indian spices to your diet. And its rich, exotic flavor will tempt you to include it regularly on your menu, along with Saffron Brown Basmati Rice (page 311) and a side of lentils or beans to round out the meal.

MAKES 6 SERVINGS

- 1 tablespoon sesame oil*
- 1 teaspoon grated fresh ginger*
- 1 garlic clove, minced*
- 1 teaspoon tahini (sesame seed paste)*
- 1 teaspoon peanut butter*
- 1 teaspoon garam masala (see Notes)*
- ½ teaspoon ground turmeric*
- Dash of cayenne (see Notes)*
- 1 cup water*
- ½ cup low-sodium vegetable broth*
- 1 small head cauliflower, chopped into small pieces*
- 1 cup canned diced tomatoes, no salt added, with juice*
- 1½ cups frozen peas, thawed*
- 2 tablespoons chopped fresh cilantro*
- ¼ cup plus 1 tablespoon unsweetened plain plant-based yogurt*

- 1.** Heat the sesame oil with the ginger, garlic, tahini, peanut butter, garam masala, turmeric, and cayenne in a medium saucepan over medium heat and cook, stirring constantly, for 2 minutes.
- 2.** Add the water, broth, cauliflower, and tomatoes and stir well. Bring to a boil, then reduce the heat, cover, and simmer for 10 minutes.
- 3.** Add the peas and cilantro and cook until all the vegetables are tender, about 6 minutes.
- 4.** Stir in the yogurt and serve immediately.

NOTES: Garam masala is a traditional Indian spice blend that usually includes cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg. It is available at ethnic markets as well as some supermarkets.

You can adjust the heat of this curry by using more or less cayenne.