Cauliflower and Potato Curry (Aloo Gobi)

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

Turmeric and other Indian spices are getting more and more attention for their anti-cancer properties. Serve them with known cancer-fighting vegetables, and you’re in for real health food. For a hotter curry, increase the amount of cayenne.

About the Recipe

91 Calories · 2.7 g Protein · 3.9 g Fiber
Dinner

Ingredients

Makes 6 Servings

- 1 onion, chopped or thinly sliced
- 1 14.4 oz (411 g) can chopped tomatoes, or 1 1/2 c (270 g) freshly chopped tomatoes
- 1/8 tsp (0.6 mL) cayenne pepper
- 1/4 tsp (1.2 mL) cinnamon
- 1/4 tsp (1.2 mL) ground ginger
- 1/2 tsp (2.5 mL) ground coriander
- 1/2 tsp (2.5 mL) turmeric
- 1/2 tsp (2.5 mL) cumin seeds
- 3 cups cauliflower, broken or cut into bite-size florets
- 2 potatoes chopped (peeling optional)
- 1/2 tsp (2.5 mL) salt

Directions

1. Heat 1/2 cup (125 milliliters) water in a large pot.
2. Add onion and cook over medium-high heat for about 3 minutes, stirring occasionally, until onion begins to soften.
3. Reduce heat to medium. Add potatoes and cauliflower. Continue cooking, stirring often, for about 5 minutes.
4. Add water, 1/4 c (60 mL) at a time, if needed to prevent sticking.
5. Toast cumin seeds, turmeric, coriander, ginger, cinnamon, and cayenne in a dry skillet over medium heat for about 2 minutes, stirring constantly.
6. Add spices to vegetables along with tomatoes and salt. Stir to mix, then cover and simmer for about 20 minutes until flavors are blended.
7. Stored in a covered container in the refrigerator, leftover Potato and Cauliflower Curry will keep for up to 3 days.
8. Variation: For a sweeter curry, add 1/2 c (80 g) golden raisins or 2 tbsp (30 mL) apple juice concentrate to the tomatoes and salt.

Nutrition Facts

Per serving

Calories: 91
Fat: 0.4 g
Saturated Fat: 0.1 g
Calories from Fat: 4.1%
Cholesterol: 0 mg
Protein: 2.7 g
Carbohydrates: 20.9 g
Sugar: 5.6 g
Fiber: 3.9 g
Sodium: 302 mg
Calcium: 53 mg
Iron: 2.3 mg
Vitamin C: 30 mg
Beta-Carotene: 66 mcg
Vitamin E: 0.6 mg