

# 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***

- onion, chopped or thinly sliced (1)
- chopped tomatoes, or 1 1/2 cups freshly chopped tomatoes (1 can)
- cayenne pepper (1/8 teaspoon)
- cinnamon (1/4 teaspoon)
- ground ginger (1/4 teaspoon)
- ground coriander (1/2 teaspoon)
- turmeric (1/2 teaspoon)
- cumin seeds (1/2 teaspoon)
- cauliflower, broken or cut into bite-size florets (3 cups)
- chopped (peeling optional) (2 potatoes)
- salt (1/2 teaspoon)

## 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.&nbsp;
3. Reduce heat to medium. Add potatoes and cauliflower.&nbsp;Continue cooking, stirring often, for about 5 minutes.
4. Add water, 1/4 cup 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&nbsp;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 cup golden raisins or 2 tablespoons of apple juice concentrate in with 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