

## Indian-Spiced Eggplant & Cauliflower Stew (vegetarian)

Makes 6 servings, about 1 1/3 cups each

### INGREDIENTS

2 tablespoons curry powder, preferably hot Madras (see Note)  
1 teaspoon garam masala (see Tip)  
1 teaspoon mustard seeds  
2 tablespoons canola oil  
1 large onion, sliced  
2 cloves garlic, minced  
1 teaspoon finely grated fresh ginger  
3/4 teaspoon salt  
1 1-pound eggplant, cut into 1-inch chunks  
3 cups cauliflower florets  
1 15-ounce can diced tomatoes  
1 15-ounce can chickpeas, rinsed  
1/2 cup water  
1/2 cup nonfat plain yogurt (optional)

### INSTRUCTIONS

1. Heat a Dutch oven over medium heat. Add curry powder, garam masala and mustard seeds and toast, stirring, until the spices begin to darken, about 1 minute. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot and cook, stirring, until softened, 3 to 4 minutes.
3. Stir in eggplant, cauliflower, tomatoes, chickpeas, water and the reserved spices. Bring to a simmer.
4. Cover; reduce heat and cook, stirring occasionally, until the vegetables are tender, 15 to 20 minutes. Top each serving with a dollop of yogurt, if desired.

**NUTRITION INFORMATION: Per serving: 198 calories; 6 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 31 g carbohydrate; 6 g protein; 8 g fiber; 605 mg sodium; 358 mg potassium.**

Note: Hot Madras curry powder, located in the spice aisle of most supermarkets, adds a pleasant level of heat. Substitute regular curry powder for a milder flavor.

Tip: Garam masala is a flavorful, fragrant blend of dry-roasted ground spices. It's in the spice section of most supermarkets and specialty stores.