



Aloo Gobi

Yield: 4 servings

Ingredients

1 tablespoon extra virgin olive oil
2 teaspoons ground coriander
1 teaspoon ground cumin
½ teaspoon turmeric
¼ teaspoon Kashmiri lal Mirch or
ground cayenne, optional
2 tablespoons sliced garlic
2 tablespoons grated fresh ginger
6 cups cauliflower florets
3 cups large diced
red skin potatoes
1 teaspoon kosher salt
1 tablespoon lemon juice
⅓ cup chopped cilantro

Instructions

1. Heat oil in a large sauté pan over medium heat.
2. Add coriander, cumin, turmeric and Kashmiri lal Mirch. Toast for 1 to 2 minutes, stirring frequently.
3. Add garlic and ginger. Cook 1 to 2 minutes or until garlic is lightly golden and softened.
4. Add cauliflower, potatoes and salt. Stir to coat vegetables in spices.
5. Add ¼ cup water to the pan, cover and turn heat to low. Cook for 20 to 30 minutes, stirring a few times and adding more water if things start to stick to the bottom of the pan.
6. Once vegetables are tender stir in lemon juice. Garnish with cilantro.

Nutrition Information

Serving Size: 2 cups
Calories: 155
Total Fat: 4 g
Saturated Fat: 0.7 g
Monounsaturated Fat: 2.6 g
Polyunsaturated Fat: 0.5 g
Sodium: 547 mg
Total Carbohydrate: 27 g
Dietary Fiber: 5 g
Sugars: 4.4 g
Protein: 5.4 g

Source: Dr. Abha Varma

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