



# Cauliflower Tikka Masala

**Yield:** 7 servings

## Ingredients

- 2 cups chopped onions
- 1 tablespoon minced garlic clove
- 2 tablespoons grated fresh ginger
- 2 teaspoons ground garam masala
- 2 teaspoons ground turmeric
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¾ teaspoon kosher salt
- 14.5 ounces canned  
diced tomatoes
- 2 tablespoons maple syrup
- 6 cups bite sized  
cauliflower pieces
- ½ cup nondairy yogurt
- ¼ cup chopped fresh cilantro

## Instructions

1. Add 2 tablespoons of water to a medium-sized saucepan, over medium heat.
2. Once hot, add the onion. Cook for 5 to 10 minutes, until the onions start to caramelize and become soft.
3. Add the garlic, ginger, garam masala, turmeric, chili powder, cumin and salt. Continue to cook for another minute.
4. Add the tomatoes, maple syrup and cauliflower.
5. Cover pan with a lid and let simmer for about 20 minutes, until cauliflower starts to soften. Check frequently to make sure vegetables do not burn.
6. Stir in the nondairy yogurt and garnishing the top with cilantro.

## Nutrition Information

**Serving Size:** 1 cup

- Calories: 89
- Total Fat: 1.7 g
- Saturated Fat: 0.3 g
- Sodium: 270 mg
- Total Carbohydrate: 17 g
- Dietary Fiber: 4 g
- Sugars: 9 g
- Protein: 3.5 g

Source: Adapted by Werner Absenger, PhD, MS for MindBodyMed from Thomas at fullofplants.com



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## Culinary Medicine

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