



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.

Presented by
Culinary Medicine

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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

Recipe inspired by Thomas at fullofplants.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.