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Prevent and Protect
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INDIAN-SPICED CAULIFLOWER DIP

Recipes inspired by Skinny Dips (Chronicle), by Diane Morgan

Ingredients: (makes about 2 ½ cups)

- 1 head cauliflower (about 1½ pounds), broken into small florets**
- 1¾ teaspoons coarse salt, divided**
- 1 tablespoon canola oil**
- 1 teaspoon black mustard seeds**
- 1 medium yellow onion, finely diced**
- 1 tablespoon curry powder**
- 1 tablespoon sugar**
- 1 cup plain, low-fat yogurt**
- ¼ cup reduced-fat sour cream**
- 1/3 cup chopped cilantro**
- ¼ teaspoon nutmeg**
- ¼ teaspoon cayenne pepper**
- ¼ teaspoon freshly ground black pepper**

Preparation:

- 1. Bring a large pot of water to a boil. Add cauliflower and ¼ teaspoon of salt. Partially cover pan and simmer until tender, about 10 minutes. Drain**
- 2. In a small sauté pan over medium heat, warm oil and coat pan. Add mustard seeds, cover, and cook until seeds stop popping – about 30 seconds. Add onion and sauté until translucent, about 5 minutes. Add curry, 1 ½ teaspoon salt, and sugar, and cook until fragrant.**
- 3. Mash cauliflower and add onion mixture and remaining ingredients.**

PER SERVING (serving equals 2 tablespoons): 34 calories; 2 g fat; 1 g protein, 1 gram fiber