



Elliott Evans Nutrition, LLC
Prevent and Protect
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Vegetarian Country Captain

Cooking Light – The Enlightened Cook

Ingredients:

- 1 tablespoon canola oil
- 1 ½ cups finely chopped onion
- 1 ½ cups diced peeled Granny Smith Apple (about ½ pound)
- 1 tablespoon all-purpose flour
- 1 tablespoon curry powder
- 3 garlic cloves, minced
- 2 cups organic vegetable broth
- 2 tablespoons mango chutney
- 2 tablespoons whipping cream
- ½ teaspoon kosher salt
- 3 cups cauliflower florets
- 2 cups frozen shelled edamame (green soybeans)
- 3 cups hot cooked long-grain rice
- ¼ cups dried currants
- ¼ cup sliced almonds, toasted
- Chopped fresh cilantro (optional)
- Sliced green onions (optional)

Heat a large, heavy nonstick skillet over medium heat. Add oil to pan, and swirl to coat. Add chopped onion, and cook for 7 minutes or until tender, stirring frequently. Add apple, cook for 5 minutes, stirring frequently.

Add flour, curry, and garlic; cook for 1 minute, stirring constantly.

Add broth, and bring to a boil. Reduce heat, and simmer for 2 minutes or until slightly thick.

Stir in chutney, cream, and salt. Add cauliflower and edamame; cook for 8 minutes or until cauliflower is tender, stirring occasionally.

Serve over rice, and top with currants and almonds. Garnish with cilantro and green onions, if desired.

Yield: 4 servings (serving size 1 ¼ cups cauliflower mixture, ¾ cup rice, 1 tablespoon currants, and 1 tablespoon almonds).

CALORIES 473; FAT 14.9g (sat 3.4g, mono 6g, poly 4.4g); PROTEIN 16.7g; CARB 70.6g; FIBER 5.8g; CHOL 10mg; IRON 4.4mg; SODIUM 641mg; CALC 122mg