

Fall Vegetables and Tofu with the Flavors of Western India

- *Fall Vegetables and Tofu*
- *Farro and Barley with Cardamom*
- *Tomato and Onion Cachumber*
- *Carrot Koshumbir*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 473	
Total Fat 13 g	
Saturated Fat 3 g	
Monounsaturated Fat 6 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 182 mg	
Potassium 444 mg	
Total Carbohydrate 69 g	
Dietary Fiber 13 g	
Net Carbs 56 g	
Sugars 11 g (0 g added sugars)	
Protein 20 g	
Vitamin A	96%
Vitamin C	66%
Calcium	18%
Iron	33%

Fall Vegetables and Tofu with Flavors of Western India

Serves 6

Serve with brown basmati rice steamed with cardamom or try the recipe that follows for different whole-grain options. Farro (also known as emmer) and barley are delicious whole-grain alternatives to brown rice; you could also try quinoa, wild rice, or kamut. The easy relishes below add to the lively flavors of the dish but could also be omitted if you're short on time. If you want to add shrimp, a white-fleshed fish, or skinless chicken, add about 12 ounces of cubed meat and reduce the amount of cashews to 1/3 cup. Add the meat after cooking the vegetables and proceed with the recipe.

Ingredients

3 tablespoons yellow curry powder

2 teaspoons canola oil

¼ cup carrots, ½-inch cubes, about 1.5 ounces

½ cup sweet onion, sliced, about 3 ounces

1 cup celery, ½-inch cubes, about 8 ounces

½ cup light coconut milk

½ cup low-sodium vegetable broth or water

¼ tsp chili flakes, pequin pepper, or crushed red pepper

½ cup tart apple, ½-inch cubes, about 4 ounces

1 tablespoon dried currants, raisins or other sliced dried fruit such as apricots or
figs

1 15-ounce package firm tofu, drained and cut into ½-inch cubes

⅛ teaspoon salt

½ medium red bell pepper, thinly sliced, about 3 ounces

1 cup cashews, unsalted, toasted

½ cup fresh basil, thinly sliced

1 tablespoon fresh mint leaves, thinly sliced

1 cup living watercress leaves and tops, lower or woody stems removed

Preparation

Place the curry in a dry skillet and heat over a medium flame to toast the curry. Try to keep the curry moving in the pan constantly while toasting until the aromas are intensified, sweet and pleasing. Do not burn. Set the curry aside.

Heat the oil in a heavy pan, over high heat in a large pan. Add the carrots, onions, and celery and cook, stirring constantly to brown the vegetables lightly, about 3-5 minutes. Add the toasted curry powder and fully incorporate the spice into the vegetables. Add the coconut milk and stock. Bring the liquid to a boil, then lower the heat to a very gentle simmer. Simmer for 2 – 3 minutes, then add the chili flakes, apple, currants, tofu and salt. Increase the heat to high and bring the liquid to a simmer. Cook, stirring often, for 3-5 minutes. Add the bell pepper and cashews, and cook for 3-4 minutes, stirring occasionally. Remove the pan from heat, cover, and allow the mixture to steep for a few minutes.

To serve, sprinkle the basil and mint over the dish. Pass watercress at the table for guests to top their curry. Serve over a cooked whole grain perfumed with cardamom or bay leaf and black pepper.

Nutrition information (per serving): 186 calories, 10 grams total fat, 2 grams saturated fat, 4 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 108 mg sodium, 237 mg potassium, 14 grams total carbohydrate, 4 gram fiber, 6 grams sugar (0 grams added sugar), 10 grams protein

Farro and Black Nile Barley with Cardamom

Serves 6

Ingredients

1 cup farro (also called emmer wheat)

1 cup barley

8 cardamom pods, crushed

Water

Preparation

Place farro, barley, and cardamom in a tall pot with a lid. Cover the grain with about 2 inches of water. Place the lid on the pot and turn the heat to medium-high. Bring the liquid to a boil, turn the heat to a low simmer, and offset the lid to allow a little stream of steam to escape. Cook until the grains are tender, about 40-50 minutes. Add additional water if needed to maintain the water level. Allow the grains to steep away from direct heat for up to an hour prior to service. Strain any remaining excess liquid and serve.

Nutrition information (per serving): 224 calories, 0 grams total fat, 0 grams saturated fat, 0 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 23 mg sodium, 93 mg potassium, 48 grams total carbohydrate, 7 gram fiber, 0 grams sugar (0 grams added sugar), 8 grams protein

Tomato and Onion Cachumber

Serves 8

Ingredients

½ medium sweet onion, about ½ cup, diced
3 small roma tomatoes, diced
¼ jalapeno chile, seeded and minced
1/3 cup cilantro leaves, roughly chopped
2 limes for juicing
Pinch of salt

Preparation

Combine the onion, tomatoes, chile and lime juice. Add salt, toss and serve.

Nutrition information (per serving): 23 calories, 0 grams total fat, 0 grams saturated fat, 0 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 21 mg sodium, 45 mg potassium, 5 grams total carbohydrate, 1 gram fiber, 4 grams sugar (0 grams added sugar), 1 grams protein

Carrot Koshumbir

Serves 8

Ingredients

For the flavored oil:

1 tablespoon olive oil

¼ jalapeño chile, seeded and sliced into 2-3 pieces

¼ teaspoon cumin seed

For the salad:

¼ lb carrots, grated

2 tablespoons light coconut milk

2 tablespoons roasted unsalted peanuts, chopped

Juice of 1 lime

¼ teaspoon honey

Pinch of salt

Preparation

To prepare the flavored oil, heat the oil in a pan and add the jalapeno and cumin seeds. Cook, stirring until the jalapeños are softened, about 2-3 minutes. Set aside to cool.

In a medium bowl, mix the carrots, coconut milk, chopped nuts, lime juice, honey, salt and the flavored oil and cumin seeds. Discard the chile or use as a garnish for the salad.

Nutrition information (per serving): 40 calories, 3 grams total fat, 1 grams saturated fat, 2 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 30 mg sodium, 69 mg potassium, 2 grams total carbohydrate, 1 gram fiber, 1 grams sugar (0 grams added sugar), 1 grams protein