Supplements and Flavor Building

October 19, 2018
Supplements:

Cucurmin/Turmeric

Green Tea

Micronutrients and Cognition

B12/B6/Magnesium

Antioxidants

Iron

Neuroprotective spices

Garcinia Camboging
Cooking With Spices:

Cumin

Turmeric

Coriander/Cilantro

Basil/Mint

Oregano

Ginger

Garlic
Vegetable Curry

Ingredients:

Olive Oil 1 Tablespoon
Onion, diced small
Garlic, minced 5 cloves
Ginger, freshly grated 1 Tablespoon (or 1 tsp ground)
Broccoli, chopped ½ cup
Carrots, diced small ½ cup
Cauliflower, diced ½ cup
Chickpeas, canned, drained, rinsed 1 can
Salt 2 tsp
Black Pepper, ground to taste
Tomato, diced 1 small
Curry Paste 2 Tablespoons (green or red)
Cayenne Pepper ⅛ tsp (to taste)
Light Coconut Milk 1 can
Vegetable Stock 1.5 cups
Yogurt, plain, low fat (optional) ½ cup
Lime, cut into wedges
Cilantro, basil, or mint, roughly chopped Crushed Red Pepper (optional)

Preparation:
1. Gather all ingredients and equipment.
2. Heat a large saucepan or pot over medium heat and add 1 Tbsp olive oil. Add the onion and cook until translucent.
3. Add the garlic, ginger, broccoli, carrots, cauliflower, chickpeas, salt, and pepper. Cook, stirring frequently, until softened.
4. Add tomatoes, curry powder, cayenne, coconut milk, vegetable stock, and stir. Bring to a simmer and reduce heat, continue cooking for 10-15 minutes.
5. Stir in the yogurt at last minute of cooking.
6. Serve over brown rice and garnish with a lime wedge, fresh herbs, and crushed red pepper (optional).

Serving size 1 cup
Servings 4
Calories 180
Calories from Fat 90
Total Fat 10mg
Saturated Fat 6gm
Trans Fat 0
Monounsaturated Fat 2.5 gm
Cholesterol 0
Sodium 260
Carbohydrates 17gm
Dietary Fiber 3gm
Sugars 6gm
Protein 6gm
Vitamin A 60%
Calcium 10%
Vitamin C 35%
Iron 4%
Phosphorus 103 mg