

A hearty vegetarian meal

Vegetables, fruits, beans and legumes are nutrition powerhouses. They are not only rich in dietary fibre, they are also an excellent source of various vitamins and minerals such as vitamin C, calcium, iron and B-vitamins. In addition, beans and legumes are rich in protein, which make them an exceptional alternative to meat, poultry and fish.

Low in fat and packed with a wide array of nutrients, these foods are a perfect combination for a hearty meal for vegetarians and non-vegetarians.

If you are looking to make a healthy change for the New Year, consider adding more vegetarian options to your meal selections and incorporating more beans, lentils and tofu to your daily dishes.

Curried Lentils, Sweet Potato and Cauliflower

Servings: 4, makes 8 cups or 2 litres

Baking Time: 35 minutes

Ingredients

1 large Ontario onion, coarsely chopped	2 cups vegetable broth
3 tbsp Indian curry paste (mild or Madras)	1 small Ontario cauliflower without leaves and stem, cut into small florets
10 cardamom pods	¼ cup fresh coriander leaves
2 medium Ontario sweet potatoes, peeled and cut into ½ inch pieces	Salt and pepper
¾ cup green or brown lentils, rinsed	Unflavoured or plain yogurt (optional)

Source: [Foodland Ontario](#)

1. Heat large, heavy saucepan over medium-low heat. Add onion and curry paste, stirring paste thoroughly into onion; cook, stirring constantly, for 2 to 3 minutes.
2. Smash cardamom pods with large knife or meat mallet. Remove small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes; cook for 2 to 3 minutes.
3. Stir in lentils and broth; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 15 minutes. Add cauliflower and return to boil; reduce heat and simmer for 8 to 10 minutes or until lentils and vegetables are tender.
4. Remove from heat; stir in coriander. Season to taste with salt and pepper. Let stand a few minutes before serving with dollop of yogurt, if desired.
5. Serve dish with chapatti, roti or naan bread.

For more information:

[Foodland Ontario](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.