



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTTERNUT-CAULIFLOWER COCONUT CURRY

## INGREDIENTS

- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 3 tablespoons olive oil, divided
- 1/2 cup frozen green peas, thawed
- 3/4 cup chopped yellow onion
- 2 tablespoons minced fresh garlic
- 2 tablespoons all-purpose flour
- 1 1/2 tablespoons curry powder
- 1 cup cubed peeled butternut squash
- 1 cup fresh cauliflower florets
- 1 cup diced red potatoes
- 4 cups unsalted vegetable stock
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 1 cup light coconut milk

## Optional:

Lime wedges

## DIRECTIONS

1. Preheat oven to 450°F.
2. Place chickpeas on a rimmed baking sheet; pat dry. Add 1 tablespoon oil to chickpeas; toss to coat. Spread chickpeas in an even layer on pan. Bake at 450°F for 30 minutes. Add green peas to pan; bake at 450°F for 5 minutes or until chickpeas and green peas are crisp.
3. Heat a large Dutch oven over medium. Add remaining 2 tablespoons oil; swirl to coat. Add onion and garlic; sauté 5 minutes. Add flour and curry powder; cook 1 1/2 minutes or until flour begins to brown, stirring constantly. Stir in butternut squash, cauliflower, and potatoes. Add vegetable stock, pepper, and salt; bring to a boil over medium-high. Reduce heat to medium-low, and simmer 15 to 20 minutes or until vegetables are tender.
4. Remove pan from heat; stir in coconut milk. Place about 1 1/2 cups vegetable mixture in each of 4 bowls; top each serving with about 1/3 cup chickpea mixture. Serve with lime wedges, if desired.



**Nutrition: Calories 1,574, Fat 68g, Protein 47g, Carbohydrate 210g, Sodium 2,170 mg.**