Lentil Curry

Ingredients:

1 Tbsp olive oil
1 medium onion, finely chopped
2 Tbsp curry powder
1 lb sweet potatoes (washed but unpeeled), cut into 1-inch chunks
1 head (2 ½ lbs) cauliflower, stemmed and separated into florets
1 cup brown lentils, picked over, well rinsed, and drained
2 cans (14.5 oz) reduced-sodium diced tomatoes with juice
Salt and black pepper
Plain low-fat yogurt, for serving

Steps:

- In a nonstick Dutch oven (or good 5-quart pot with a tight-fitting lid), heat oil over medium heat. Add onion and cook, stirring frequently until softened, about 7 minutes.
- Add curry powder. Cook, stirring constantly, 1 minute. Stir in sweet potatoes, cauliflower, lentils, tomatoes and their juice, and 1 ½ cups water. Season lightly with salt and pepper.
- Bring mixture to a boil. Reduce heat to a simmer. Cover and cook until lentils and sweet potatoes are tender, 20-30 minutes. Serve immediately, with dollops of yogurt on individual servings.

Tips from the Test Kitchen: Chopped fresh cilantro also makes a pretty garnish for this dish. For a fun twist, try eating this curry in the traditional way without utensils, eating with your hands using whole wheat na'an or flatbread as your spoon.

Nutritional Facts (per serving): Calories: 237, Carbohydrates: 45 grams, Protein: 11 grams, Total Fat: 3 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 92 mg, Fiber: 10 grams, Total Sugars: 10 grams.