

# Workforce Health Kitchen: *Love*

## Recipe of the Month:

### Cauliflower Chickpea Coconut Curry

Join coach Christine as she makes a plant-based variation of the traditional meat and vegetable curry, creating an antioxidant-rich, bold flavored, orange-yellow curry sauce with chickpeas.



**April 10, 2024**  
**12-12:30 p.m.**

Click here or snap the QR code  
to Register Now on Webex

Password: Wellness1



**April 23, 2024**  
**4:30-5 p.m.**

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### About your instructor:



### Christine Schlagenhauf, RDN, CD

Christine is a Registered Dietitian Nutritionist and coach with over 25 years of experience practicing and teaching a healthy lifestyle. She helps clients achieve their wellness goals through better eating and lifestyle modifications.

*See full recipe on the next page.*

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.



**Workforce Health**

# Cauliflower Chickpea Coconut Curry



Makes 6 servings

## Ingredients:

- 3 tablespoons neutral oil, such as sunflower or canola
- 1 medium head cauliflower, cut into florets
- 1 large onion, chopped
- 2 jalapeños, seeded or not, thinly sliced
- 1 bay leaf
- 1 knob ginger (about 1 inch), minced
- 4 garlic cloves, minced
- 1½ teaspoons garam masala
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2 (15-ounce) cans chickpeas, rinsed
- 1 (13.5-ounce) can coconut milk (do not use light coconut milk)
- ½ cup water, more as needed
- 1½ teaspoons fine sea salt, more as needed
- ¾ cup chopped cilantro, more for serving
- 2 to 3 tablespoons fresh lime juice, plus wedges for serving
- Cooked rice or couscous, for serving (optional)

## Directions:

1. Heat oil in a large skillet over medium-high heat. Stir in cauliflower, onion, jalapeño and bay leaf. Cook, stirring occasionally, until onion is golden on the edges, about 8 minutes.
2. Add ginger and garlic and cook until fragrant, about 2 minutes, stirring frequently. Stir in garam masala, cumin and turmeric; cook for an additional 30 seconds.
3. Stir in chickpeas, coconut milk, ½ cup water and 1½ teaspoons salt. Bring to a simmer and continue to simmer for 10 minutes, stirring occasionally, until cauliflower is fork tender. (Add more water if it starts to look too thick.) Stir in cilantro and lime juice to taste. Taste and add more salt if necessary.
4. Serve over brown rice or couscous.
5. Top with cilantro; lime wedges on the side.

## Nutritional facts per serving:

Calories: 453 • Fat: 25g • Sodium: 820mg • Carbohydrates: 50g • Dietary Fiber: 11g • Protein: 15g

*cooking.nytimes.com*