



# HEALTHY COOKING

## Curried Cauliflower with Brown Rice

### Ingredients

#### *Curried Cauliflower*

2 cups Garbanzo beans  
2 cups baby red potatoes, cut and cubed  
2 cups grape tomatoes  
1 cup red onions, diced  
1 cup poblano chili, diced  
4 TBS olive oil  
24 oz. cauliflower florets  
3 garlic cloves, minced

3 TBS curry powder  
2 oz. cilantro, chopped  
12 oz. coconut milk  
Salt and pepper to taste

#### *Brown Rice*

1 cup brown rice  
2 cups water  
1 tsp kosher salt

### Directions

#### *Brown Rice*

1. Bring water and salt to boil in medium saucepan. Add rice. Cover and reduce heat to low and cook until liquid has been absorbed, 20 minutes. Remove from heat and let sit, cover until ready to use. Fluff with fork.

#### *Curried Cauliflower*

1. Toss cauliflower florets in 1 TBS olive oil and curry spice and roast, about 15 minutes. Remove and set aside.
2. Toss potatoes with 1 TBS olive oil and roast until crispy. Set aside. Heat 12" non-stick skillet over medium heat. Add remaining olive oil and heat, add onions and curry spice and cook until fragrant, stirring occasionally. Add garlic and cook for 30 seconds. Stir in chilies, beans and tomatoes. Stew for 10 minutes. Stir in cauliflower and milk and cook for 10 minutes. Lastly, stir in crispy potatoes and cilantro. Serve over brown rice.

**Serving Size: 1/4 cup brown rice, 1 cup curried cauliflower**

### Nutritional Facts

Calories: 360; Fat: 12g; Carb: 26g; Protein: 30g; Fiber: 10g; Sugar: 0g



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