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Pumpkin & Tomato Curry

Makes 4 servings

Ingredients

1 tablespoon extra-virgin olive oil
2 pounds pumpkin or buttercup squash, peeled and cut into 1-inch cubes (4 cups)
1 large onion, thinly sliced
2 small tomatoes, cored, seeded and diced
3 tablespoons curry powder, preferably Madras
2 ½ cups water
Salt & freshly ground pepper to taste
Nonfat plain yogurt for garnish

Instructions

Heat oil in a Dutch oven over medium-high heat. Add pumpkin (or squash) and cook, stirring occasionally, for 3 minutes. Add onion and cook, stirring frequently, for 4 minutes more. Add tomatoes, curry powder and water; bring to a boil. Reduce heat to low and simmer, uncovered and stirring occasionally, until the pumpkin or squash is tender but not mushy, 20 to 25 minutes. Season with salt and pepper and garnish with yogurt.

Nutrition Information

Per serving: 129 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 23 g carbohydrate; 4 g protein; 4 g fiber; 81 mg sodium; 1003 mg potassium.
Nutrition bonus: Vitamin A (343% daily value), Vitamin C (49% dv), Potassium (29% dv), Iron (19% dv).

1 1/2 Carbohydrate Servings

Exchanges: 1 starch, 1 vegetable, 1/2 fat