

Butternut Squash Curry
serves 6

2# cubed butternut squash (or 1 med squash peeled and cubed)
1Tbs crushed garlic
1 onion, chopped
1 tsp ground coriander
1 tsp garam masala *
1 tsp curry powder
1/2-1 tsp red curry paste
1 Tbs Better than Bouillon vegetable base
4 c water
1 large potato-peeled and cubed
1 c frozen corn kernels
1/2 bunch cilantro, chopped
1-1 1/2 tsp salt
2 sm tomatoes, chopped
1 can light coconut milk

Mix all seasonings, onion, and garlic with a small amount of oil or water in a frying pan until soft and fragrant. Add tomatoes and bouillon to make a thick gravy.

Next add 4 c water and bring to a boil.

Add squash and cook for 30 mins until it's slightly tender.

Add potato, coconut milk and salt--cook until potatoes are tender.

Add corn and chopped cilantro at the end. Cook a few mins. more until corn is soft.

Serve over brown rice.

Calories 201
Fat 9 g
Saturated fat-5 g (coconut)
Chol 0
Sodium 816 mg
Carb 29 g
Fiber 2 g
Protein 3 g (1/2 c brown rice adds 6 g more)
Vit A 159%
Vit C 58%
Calcium 8%
Iron 10%

*Garam Masala Recipe: If a recipe you are making calls for garam masala and you don't have any, the following recipe will make a great garam masala substitute:

3 Tbsp coriander seeds
2 Tbsp cumin seeds
2 Tbsp cardamom seeds

2 Tbsp black peppercorns

1 tsp whole cloves

1 tsp freshly grated nutmeg

1 whole cinnamon stick

Place everything but the nutmeg in a dry skillet and toast for about ten minutes over medium-high heat, stirring from time to time to keep everything cooking evenly. When the ingredients have darkened slightly and give off a rich, toasty aroma, remove them from the pan and let them cool. Grind in a spice grinder or coffee grinder , and mix in the freshly grated nutmeg. Store in an airtight container away from heat.