Indian-Spiced Eggplant & Cauliflower Stew

1 pound of eggplant, cut into 1-inch chunks
3 cups cauliflower florets
1 large onion
1 15-ounce can of unsalted diced tomatoes
1 15-ounce can of chickpeas, rinsed
½ cup water
2 Tbsp curry powder
1 tsp ground cumin
1 tsp ground mustard seeds
1½ Tbsp canola or vegetable oil
2 cloves of garlic, minced
1 tsp grated ginger
¾ tsp salt
½ cup nonfat plain yogurt (optional)

1. Toast the curry powder, cumin and mustard seeds in a pot over medium heat, stirring for about 1 minute until the spices begin to darken. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot. Stir for 3-4 minutes until softened.
3. Stir in eggplant, cauliflower, tomatoes, chickpeas, water, and reserved spices. Bring to a simmer.
4. Top each serving with a dollop of yogurt, if desired.

Makes: 6 servings
Nutrition Information:
CALORIES 160 (28% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 480mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 6g; CALCIUM 6%; IRON 15%

Seared Sugar Snap Peas

1 pound sugar snap peas, strings removed
3-4 scallions or green onions, sliced diagonally
1 Tbsp olive or vegetable oil
Dash of salt
Pinch of sugar
Zest of 1 lemon
3 Tbsp chopped fresh mint
Black pepper to taste
Lemon juice to taste

1. Heat a large sauté pan on high heat for 1 minute. Add the oil to the pan and heat until it simmers, about 1-2 minutes.
2. Add the sugar snap peas and toss to coat with oil. Sprinkle with a pinch of salt and toss again. Allow to cook undisturbed for 1 minute.
3. Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook again undisturbed for 2 minutes.
4. Remove heat and mix in lemon zest and mint.
5. Add black pepper and lemon juice to taste.
6. Serve and enjoy!

Makes: 4 servings
Nutrition Information:
CALORIES 100 (30% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 80mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 15%