

Eggplant and Summer Squash Curry

This curry is a fun, fiber-rich way to use up a bounty of summer produce and can be customized with any vegetables!

YIELD 7 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 Tbsp	Olive Oil, divided
1 each	Eggplant, cut into 1" cubes
1 each	Onion, yellow, medium dice
1 each	Bell Pepper, medium dice
1 each	Summer Squash or Zucchini, medium dice or 1/2" thick half moons
3 each	Garlic, minced
3/4 tsp	Kosher Salt
to taste	Black Pepper
1 Tbsp	Curry Powder
1 tsp	Ground Cumin
1 tsp	Ground Coriander
1 tsp	Paprika
1/2 tsp	Ground Ginger
1 (15oz) can	Diced Tomatoes, NOT drained
1 (14oz) can	Light Coconut Milk
1 (15oz) can	Chickpeas, drained and rinsed
1 Tbsp	Sriracha (optional)
2 Tbsp	Cilantro, fresh, chopped

CHEF'S NOTES

This recipe makes for great leftovers and freezes well. Too hot in the house for running the oven? Instead of roasting the eggplant, you can add it to the skillet along with the other veggies and simmer the curry until the eggplant is tender.

Don't have curry powder? No worries! Try this blend- You can easily adapt the variation with what you may have already in your pantry. (1 Tbsp ground coriander, 1 1/2 tsp cumin, 1 tsp turmeric, 1/2 tsp ground black pepper, 1/2 tsp chili powder, 1/2 tsp ground ginger)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 375°F.
2. Place cubed eggplant on a sheet tray, drizzle with 1 Tbsp of the oil, and bake until tender and browned, about 20 minutes. Remove from oven and set aside.
3. Meanwhile, in a large skillet, heat the remaining 1 Tbsp oil and sauté the onion and bell pepper until the onion is translucent. Add squash and cook until the vegetables are softened, about 3-5 minutes. Add garlic and continue to sauté for 1 more minute. Season with the salt and pepper.

4. Add the curry powder, cumin, coriander, paprika, ginger, and stir to toast the spices. If the mixture gets too dry, add a few tablespoons of water to de-glaze the pan a bit.

5. Add the tomatoes, coconut milk, chickpeas, and sriracha and bring to a simmer, stirring occasionally for about 10 minutes. Add the reserved eggplant mix to combine. Garnish with the chopped cilantro.

Nutrition Facts	
7 servings per container	
Serving size	1 cup (349g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.6mg	10%
Potassium 720mg	15%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

