Healthy Indian Cauliflower and Peas

Yield: 4 min
Total Time: 14 min

Recipe from: https://www.recipeschoose.com/recipes/peas-recipe-indian-curry-dairy-free

Ingredients:

- 2 cups cauliflower florets I'm using fresh
- 1 cup peas frozen
- 1 onion Small, thinly chopped
- 2 small tomatoes chopped into bite size pieces
- 1/2 teaspoon ginger shredded
- 1/4 cup cilantro leaves chopped
- 3 tablespoons olive oil or any light oil
- 1 cup water
- spices
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt use as per taste
- 1/4 teaspoon red chili powder optional
- 1/2 teaspoon curry powder you can use garam masala too

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 310 milligrams
8. Sugar: 5 grams

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