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CURRIED SPLIT PEA

8 servings (about 1 cup each)

1 tablespoon olive oil
 1 onion, chopped
 1 carrot, chopped
 4 cloves garlic, sliced
 1 quart (4 cups) low salt vegetable stock or broth
 1 quart (4 cups) water
 1 cup yellow split peas
 1 teaspoon curry powder
 1 teaspoon ground cumin
 1/2 bunch parsley, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add carrot and garlic; cook until softened, about 5 minutes. Add remaining ingredients except parsley; bring to a boil. Reduce heat; simmer uncovered 30 minutes or until peas are tender. Ladle into shallow bowls; garnish with parsley.

What's In It for You (per serving)
Daily calories 178
Total fat (g) 5.65
Saturated fat (g) 0.77
Healthy fats (g) 4
Fiber (g) 9.99
Carbohydrates (g) 26.21
Sugar (g) 7.4
Protein (g) 8.57
Sodium (mg) 187.1
Calcium (mg) 74.25
Magnesium (mg) 51
Selenium (mcg) 1.7
Potassium (mg) 74

MEDITERRANEAN CAULIFLOWER SALAD

4 servings

1 head cauliflower, blanched for 5 minutes
 1 small can anchovies, drained, chopped (optional)
 1 tablespoon drained capers
 2 tablespoons fresh lemon juice
 1 tablespoon olive oil
 1 clove garlic, pressed or minced
 1 tablespoon chopped fresh oregano or 1 teaspoon dried

Drain cauliflower and break into small pieces. Combine cauliflower, anchovies if desired and capers in a medium bowl. Combine remaining ingredients; toss with cauliflower mixture.

Source: YOU: On a Diet

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