

Curried Autumn Vegetables

Ingredients:

1 tsp.	canola or olive oil
1/3 cup	chopped white onion
1/2 to 1 tsp.	curry powder
1/2 cups	low sodium or reduced sodium chicken broth
1 1/2 cups	fresh broccoli florets
1 cup	fresh cauliflower florets
1 cup	fresh sliced carrots
1 cup	frozen lima beans
1 tsp.	cornstarch dissolved in 1/4 cup cold water
1/4 cup	peeled, chopped apples, like McIntosh

Directions:

In a 3-quart saucepan, heat oil and sauté onion and curry powder. Add a little of the chicken broth if needed to prevent sticking.

Add chicken broth, broccoli, cauliflower, carrots and lima beans. Simmer 6 to 8 minutes, or until slightly tender.

Add cornstarch-water mixture and apple. Cook over medium-high heat, stirring constantly, until thickened.

Suggested accompaniments: fresh lemon wedges and cooked rice or barley.

Yield: 3 cups

Nutrition Information: *One cup vegetables contains 140 calories, 2g. total fat, 0 g. saturated fat, 0 mg. cholesterol, 160 mg. sodium, 6 g. fiber*