

Vegetarian Pulao

Ingredients:

18 oz tofu	2 tbsp olive or canola oil	3 cups hot water
1 cup chopped carrots	1 medium onion, sliced	1 ½ cups long grain rice
1 cup chopped green beans	3 cloves garlic, minced	1-2 green chilies, sliced
½ cup peas	¼ tsp fresh, grated ginger	1 tsp garam masala
1 ½ cups cauliflower florets	4 cardamom pods (black cardamom)	2 tbsp chopped fresh cilantro
1 ½ cups broccoli florets	4 cloves	Add salt to taste
	1 stick cinnamon	

Method:

1. Wash and chop all vegetables.
2. In a 3-quart, nonstick saucepan, heat oil. Saute vegetables with garlic, ginger and onions for 5 minutes.
3. Add cardamom pods, cloves and cinnamon stick; stir.
4. Add water, rice, green chilies and garam masala. Bring to a boil; reduce to low heat. Cover; cook for 20 minutes, until rice is cooked.
5. Serve hot. Garnish with chopped cilantro.

Yield: 6 cups

Serving size: ½ cup

Servings per recipe: 12

Nutrient content per serving:

Calories: 120

Fat: 2 g (18 Calories from fat)

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 10 mg (does not account for added salt)

Carbohydrate: 20 g

Dietary fiber: 2-3 g

Protein: 4.1 g

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.