

Class 1 – Intro to Culinary Medicine

Vegetable Masala

Ingredients:

- 2 Tablespoons vegetable oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 Tablespoons fresh ginger, minced or grated
- 1 small jalapeño, seeded and minced
- 1 small eggplant, cut into 1/2 inch cubes
- 1 small cauliflower, cut into small florets
- 1 28-ounce can low-sodium whole peeled tomatoes
- 1 15.5-ounce can coconut milk
- 1 15.5-ounce can low-sodium chickpeas, drained and rinsed
- 1 cup water or broth
- 6-ounce bag of fresh spinach
- Optional garnish: limes wedges, chopped cilantro leaves

Instructions:

- 1. In a small bowl, mix together garam masala, salt, paprika, curry powder, turmeric, and cayenne.
- 2. Heat the vegetable oil in a high-sided skillet over medium heat and add diced onions. Sauté, stirring occasionally to prevent sticking, until onions are translucent, 3 minutes.
- 3. Add half of the spice mixture, ginger, garlic, and jalapeño to the pan. Sauté for 3 minutes, stirring occasionally.
- 4. Add the eggplant, cauliflower, remaining spice mixture, and canned tomatoes with their juices. Using a wooden spoon, break up the tomatoes. Stir well and let simmer for 10 minutes.
- 5. Add coconut milk, chickpeas, and water or broth and continue to simmer for 20 minutes or until vegetables are tender.
- 6. Turn off the skillet and stir in the spinach to combine, allowing the leaves to wilt.
- 7. Serve warm topped with raita, cilantro, and lime wedges. Enjoy!

- For the spice mix:
- 2 teaspoons garam masala
- 1 ½ teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne

VETRI COMMUNITY PARTNERSHIP VIEW Penn CULINARY MEDICINE

Raita

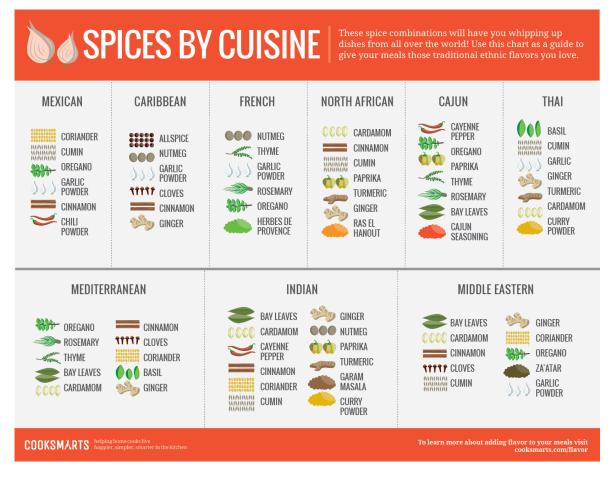
8 servings (serving size about 1/3 cup)

Ingredients:

2 ¹/₂ cups plain yogurt
¹/₂ English or hothouse cucumber, grated
Juice of half a lemon
1 teaspoon cumin
Salt and pepper, to taste

Instructions:

- 1. Lightly salt the grated cucumber to draw out excess water. After about 5 minutes, squeeze out the cucumber and discard excess liquid by blotting with a paper towel.
- 2. In a medium bowl, mix together the yogurt, grated and drained cucumber, lemon juice, cumin, salt, and pepper. Feel free to add in any additional spices or herbs you may have dill, cilantro, coriander, cayenne, etc.
- 3. Refrigerate until ready to serve and enjoy!



Foundations of Culinary Medicine for Healthcare Professionals

Intro to Culinary Medicine 03/24/22 Vegetable Masala with Raita

Equipment List:

Box grater Can opener Chef's knife Cutting board Fine mesh strainer Large saucepan or skillet Liquid measuring cup Measuring cups Measuring spoons Prep bowls Scrap bowl Wooden spoon or spatula Vegetable peeler Optional: citrus press

Prep Ahead Suggestions:

- Dice onion
- Chop cauliflower
- Drain and rinse chickpeas
- Grate cucumber
- Mince garlic, ginger, and jalapeño
- Pre-measure spices

Nutrition Information

Nutrition Facts			
Serving Size	1 × 8 \$	Serving	
Amount Per Serving			
Calories	24	41.4	
	% Dai	ly Value*	
Total Fat	7.1 g	9 %	
Saturated Fat	1.8 g	9 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	765.6 mg	33 %	
Total Carbohydrate	35.2 g	13 %	
Dietary Fiber	10 g	36 %	
Total Sugars	10.6 g		
Added Sugars	0 g	0 %	
Protein	9.7 g		
Vitamin D	0.7 mcg	3 %	
Calcium	136.1 mg	10 %	
Iron	3.3 mg	18 %	
Potassium	730.1 mg	16 %	
* The % Daily Value (DV) tells y serving of food contributes to a is used for general nutrition adv	daily diet. 2,000 calo	ent in a ries a day	

Raita			
Nutrition Facts			
Serving Size	1 × 8	Serving	
Amount Per Serving			
Calories		53.2	
	% Da	ily Value*	
Total Fat	1.3 g	2 %	
Saturated Fat	0.8 g	4 %	
Trans Fat	0 g		
Cholesterol	4.6 mg	2 %	
Sodium	128.2 mg	6 %	
Total Carbohydrate	6.5 g	2 %	
Dietary Fiber	0.3 g	1 %	
Total Sugars	5.8 g		
Added Sugars	0 g	0 %	
Protein	4.2 g		
Vitamin D	0 mcg	0 %	
Calcium	146.4 mg	11 %	
Iron	0.3 mg	2 %	
Potassium	218.9 mg	5 %	
* 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.			
Full Info at cronometer.com			