

**RECIPE FILE**

**Lighten up fall with broccoli and cauliflower**

As the hot and steamy summer temperatures slowly simmer down into fall, freshly harvested blue-green broccoli and creamy white cauliflower are at their most glorious. From September until Halloween, these crisp, crunchy brassicas (cabbage family) are at their peak.

During this flavorful fall harvest, broccoli and cauliflower are best eaten raw, one floret at a time. At a mere 42 calories and 25 calories respectively for a cup of raw broccoli and cauliflower, this nutrition-packed duo can be enjoyed guilt-free. When the chilly weather of late autumn sets in, these mild-flavored members of the cabbage family can satisfy our need for hearty dishes without too many extra calories.

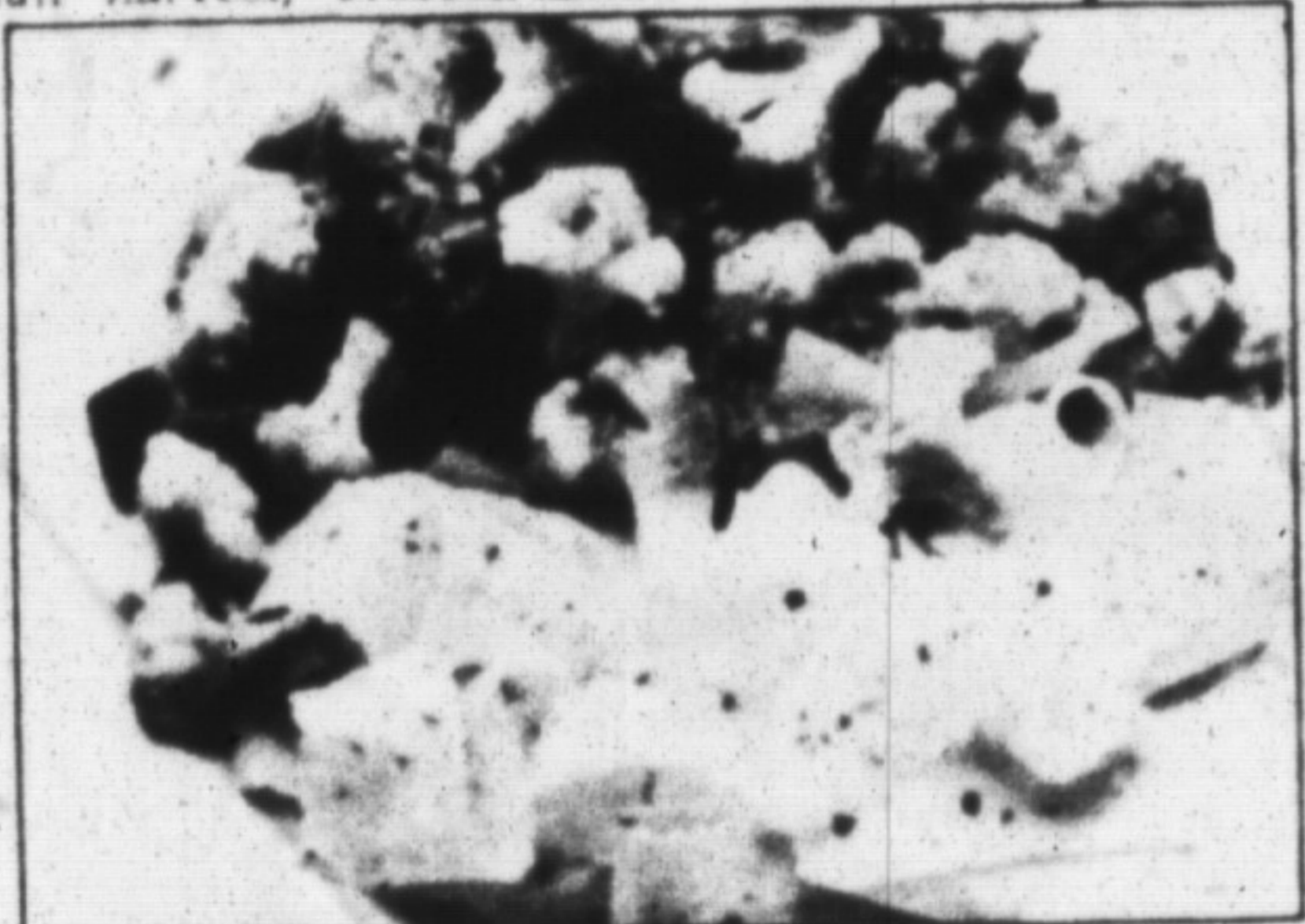
Looking for ways to "lighten" up the calories in fall entertaining? Try this fragrant cauliflower and lamb chop curry is easily prepared and elegantly served as an unforgettable meal for guests.

**CAULIFLOWER AND LAMB CHOP CURRY**

Cauliflower, lamb chops and a hint of curry - an unusual but wonderfully fragrant and colorful main course for entertaining. Be sure to purchase lean lamb chops and trim any visible fat.

- 8 lean loin lamb chops (about 1-3/4 lbs/ 875g);
- 1 tbsp (15 ml) all purpose flour;
- 2 tbsp (25 ml) vegetable oil;

- 4 tsp (20 ml) curry powder;
- 1 tbsp (15 ml) minced gingerroot (or 1 tsp/5 ml dried ginger);
- 2 cloves garlic, minced;
- 1 can (28oz/796ml) tomatoes, undrained, chopped;
- 3 cups (750 ml) Ontario Cauliflower florets;
- 1 each sweet green and red pepper, cubed, chopped parsley.



This golden curry is a fragrant blend of Ontario cauliflower, lamb chops and pasta.

Trim chops and pat dry. Toss with flour.

In large skillet, heat 1 tbsp (15 ml) oil over medium-heat. Cook one half of chops for 2 minutes per side or until brown. Transfer chops to plate. Repeat with remaining chops. Discard excess fat from skillet. Wipe out skillet with paper towel.

In skillet, heat remaining oil over medium heat, cook curry powder, ginger and garlic, stirring constantly for 1 minute or until

fragrant. Add tomatoes and return chops to skillet, simmer, covered, over medium-low heat for 45 minutes. Add cauliflower and sweet pepper, cook, covered for 10 to 15 minutes or until lamb is tender and vegetables tender-crisp. Season with salt and pepper to taste. Sprinkle parsley on top. Serve over egg noodles.

Makes 4 to 6 servings, about 310 calories and 14.4 grams of fat per serving. Excellent source of iron and vitamin C; good source of dietary fiber. Preparation Time: 15 minutes

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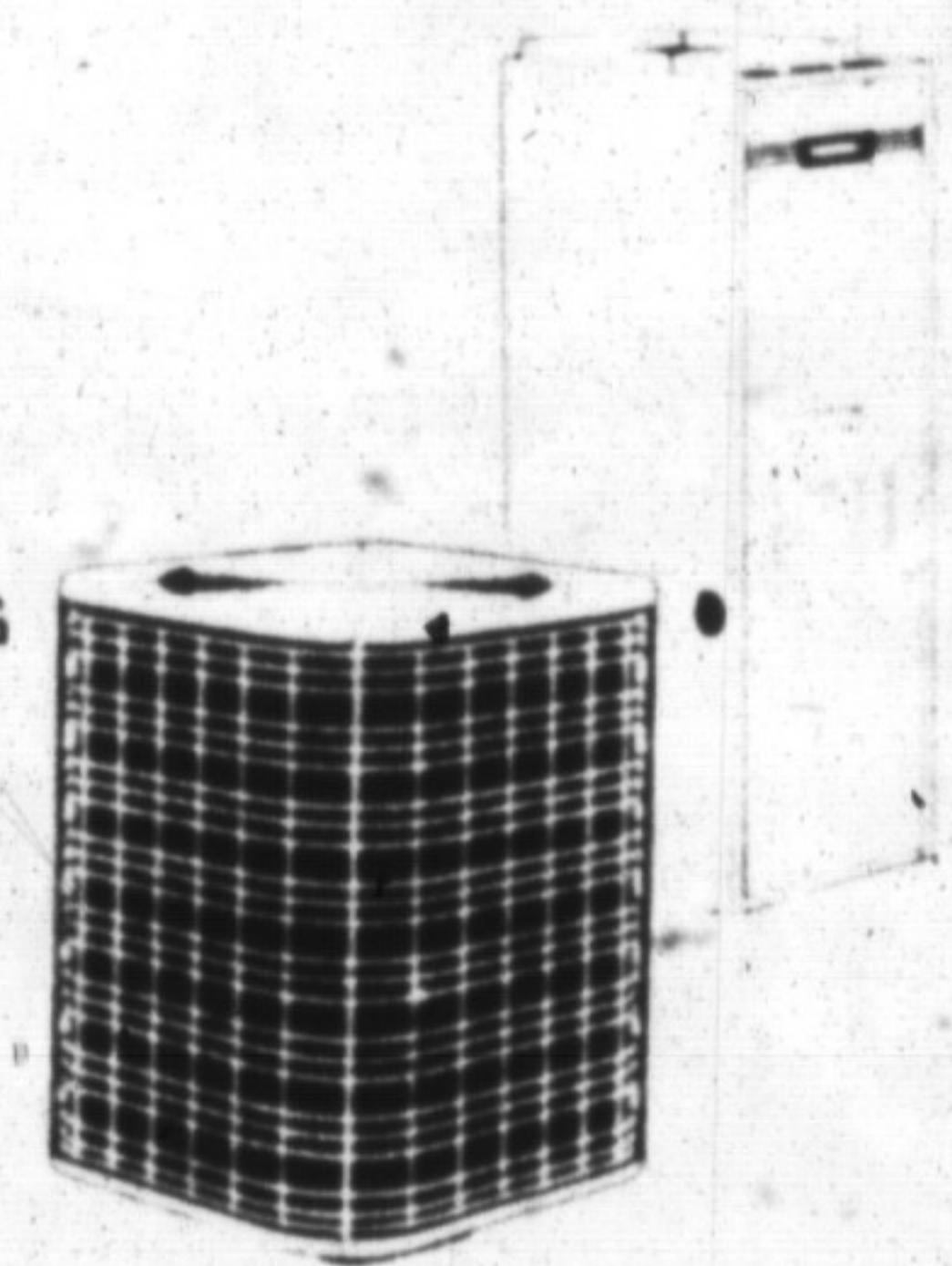
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