



HEALTH SCORE

65%

## Summer Vegetable Ragout with Exotic Curry Sauce



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2.5 tablespoons flour
- ☐ 2 cups arugula packed ()
- ☐ 0.3 cup basil fresh
- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 1 small carrots peeled chopped
- ☐ 2 cups carrot juice fresh
- ☐ 2 tablespoons curry powder (preferably Madras)

- ☐ 4 ears corn husked
- ☐ 1.5 pounds eggplant peeled cut into 1-inch cubes ( 2 medium)
- ☐ 1 piece ginger fresh unpeeled thinly sliced
- ☐ 1 cup apples i use 2 granny smith apples peeled finely chopped
- ☐ 1 pound turtle beans trimmed cut into 2-inch lengths
- ☐ 1 stalk lemon grass with meat mallet to flatten slightly coarsely chopped
- ☐ 1 cup onion chopped
- ☐ 5 tablespoons vegetable oil divided
- ☐ 1 pound to 3 sized squashes yellow assorted cut into 1-inch pieces (such as zucchini, crookneck, and pattypan)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ tongs

## Directions

- ☐ Heat 1 tablespoon oil in large saucepan over medium heat.
- ☐ Add onion, carrot, lemongrass, and ginger; sauté until slightly softened but not brown, about 5 minutes.
- ☐ Add apple and curry powder; sauté until vegetables are tender, about 8 minutes.
- ☐ Add remaining 2 tablespoons oil, then flour and stir 1 to 2 minutes. Gradually pour in carrot juice; bring to boil, whisking constantly. Reduce heat to medium-low; simmer uncovered until sauce is slightly thickened and reduced to generous 2 1/2 cups, about 20 minutes. Strain sauce through fine strainer set over bowl, pressing on solids to extract as much liquid as possible; discard solids in strainer. Season to taste with salt and freshly ground pepper. DO AHEAD:

Curry sauce can be made 1 day ahead. Cool slightly. Cover; chill. Rewarm before using.

- ☐ Preheat oven to 400°F.
- ☐ Place eggplant cubes in large bowl.
- ☐ Add 3 tablespoons oil and toss to coat; sprinkle with salt.
- ☐ Spread eggplant cubes in even layer on large rimmed baking sheet. Toss squash and remaining 2 tablespoons oil in same bowl.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread squash in even layer on another large rimmed baking sheet. Roast until squash and eggplant are light golden and tender, turning occasionally, about 25 minutes for squash and 40 minutes for eggplant.
- ☐ Remove baking sheets with vegetables from oven and set aside. Fill large bowl with water and ice. Cook beans in large pot of boiling salted water until just crisp-tender, 2 to 4 minutes, depending on size of beans. Using tongs, transfer beans to bowl of ice water to cool.
- ☐ Drain. Maintain boiling water in same pot; add corn. Cook until corn is just tender, about 5 minutes.
- ☐ Drain corn. Cool slightly.
- ☐ Cut kernels off corn cobs; discard cobs. DO AHEAD: Vegetables can be made 4 hours ahead.
- ☐ Combine all vegetables on large rimmed baking sheet.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 400°F.
- ☐ Mix garbanzo beans into vegetables; bake until heated through, about 15 minutes.
- ☐ Combine hot vegetables and hot curry sauce in large bowl. Season to taste with salt and pepper. Stir in arugula and basil.
- ☐ Pour a light red, like the
- ☐ Franz Gojer 2007 "Glögglhof" St. Magdalener
- ☐ Rondell (Italy, \$28).

## Nutrition Facts



**PROTEIN 11.38%** **FAT 33.72%** **CARBS 54.9%**

## Properties

Glycemic Index:118.04, Glycemic Load:17.12, Inflammation Score:-10, Nutrition Score:41.738696098328%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg

Nutrients (% of daily need)

Calories: 542.07kcal (27.1%), Fat: 21.89g (33.68%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 80.21g (26.74%), Net Carbohydrates: 61.61g (22.4%), Sugar: 24.62g (27.36%), Cholesterol: 0mg (0%), Sodium: 414.8mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin A: 25468.64IU (509.37%), Manganese: 2.25mg (112.65%), Vitamin C: 70.52mg (85.48%), Vitamin K: 81.81µg (77.91%), Fiber: 18.59g (74.38%), Folate: 290.64µg (72.66%), Vitamin B6: 1.36mg (68.14%), Potassium: 1923.12mg (54.95%), Magnesium: 176.61mg (44.15%), Phosphorus: 387.08mg (38.71%), Iron: 6.13mg (34.07%), Vitamin B1: 0.49mg (32.47%), Copper: 0.63mg (31.43%), Vitamin E: 4.34mg (28.92%), Vitamin B2: 0.43mg (25.15%), Vitamin B3: 4.52mg (22.6%), Vitamin B5: 2.06mg (20.61%), Calcium: 202.29mg (20.23%), Zinc: 2.83mg (18.85%), Selenium: 6.5µg (9.28%)