

Roasted Chickpeas, Bell Pepper, and Cauliflower with a Lemon-Yogurt Sauce

Here is a quick and easy dish, loaded with brain and heart-healthy ingredients. Curry spices reduce inflammation and have essential health benefits. If you'd like to add a bit of heat to the dish, add your favorite spicy chili sauce, or a dash of ground cayenne pepper.

Serves: 4 **Prep Time:** 15 minutes **Baking Time:** 35-40 minutes

Ingredients:

¼ cup avocado oil

2 teaspoons ground curry spice

1 teaspoon ground paprika (optionally, add ¼ teaspoon of ground cayenne pepper)

½ teaspoon sea salt

¼ teaspoon ground black pepper

2 pounds (1 medium head) cauliflower, cut into bite-sized pieces

1 medium onion, sliced into thin strips

1 medium green bell pepper, cut into 1-inch pieces

1 medium red bell pepper, cut into 1-inch pieces

30 ounces cooked garbanzo beans, rinsed and drained

Sauce:

1 cup organic, plain low-fat yogurt

2 tablespoons lemon juice

1 teaspoon dried dill weed (or 1 tablespoon fresh dill weed)

¼ cup fresh mint, chopped

Directions:

Preheat oven to 400° (F).

In a large bowl, whisk oil, curry spices, paprika, salt and black pepper together. Toss mixture with cauliflower, onion, bell pepper, and garbanzo beans. Place on a baking sheet, and bake for 35-40 minutes, until vegetables are tender.

Meanwhile, combine yogurt, lemon juice, dill weed, and mint in a bowl. Spoon roasted vegetables onto a serving plate, and drizzle lemon-yogurt sauce over the dish and serve.

Enjoy!

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