

## Turmeric and Cumin Infused Veggies

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**About this recipe:** Introducing a delectable Turmeric and Cumin-infused vegetable dish, it serves as a perfect addition to one's palate. This uncomplicated recipe, known for its easy preparation, digestibility, and flavorful satisfaction, is a culinary gem. Infused with the enchanting spices of India, such as Turmeric and Cumin, the dish takes on a character that elevates the dining experience. With the golden warmth of turmeric and the earthy richness of cumin, the amalgamation of these spices transforms an array of ordinary vegetables into a gastronomic delight. The preparation not only offers ease in the kitchen but also ensures a gentle embrace for the digestive system. Every bite becomes a journey through the diverse and exquisite flavors of India, thanks to the aromatic spices. As a companion to any meal, this Turmeric and Cumin-infused vegetable dish stands out as a celebration of simplicity, health, and the rich tapestry of Indian culinary heritage. Its presence on the plate not only tantalizes taste buds but also brings a sense of joy and indulgence to the dining experience.

**Can help with side effects:** Since this has a lot of vegetables and is plant based, it is easy on digestion and could help with constipation and taste changes.

**Servings: 4 Servings**

**Serving Size: 3/4<sup>th</sup> cup**

**Ingredients:**

- 3 cups Organic Mixed Veggies
- 1 tsp Ghee
- ½ teaspoon turmeric
- ½ teaspoon Cumin Seeds

**Instructions:**

1. Take 2 cups Frozen Organic Mixed Veggies. Defrost or bring to Room Temperature or you can separately cut, wash and prep veggies such as broccoli, Cauliflower and carrots and keep aside.
2. Next put the sauce pan on the stove, keep the heat on medium. Add ghee, next add cumin seeds. Let them sizzle for a few seconds, then add turmeric.
3. Make sure the spices don't burn. Reduce the heat to low if needed.
4. Add mixed veggies and sauté.
5. Add salt to taste and mix well.
6. Add ¼ cup water and cover the saucepan with the lid, reduce the heat to medium.
7. Watch for the water content. After cooking on medium to low for 10 mins, open the lid and gently stir.
8. Check if veggies are cooked or you may cook them for an additional 5 minutes.
9. Serve hot with Cooked Quinoa or rice to complete the meal.

Per serving: 54 calories, 2 g protein, 4 g fiber, 2 g fat