



## Pumpkin & Tomato Curry

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Pumpkin isn't just for pie—here it comes together in a quick curry with tomatoes, onion and curry powder.

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 pounds pumpkin, or butternut squash, peeled and cut into 1-inch cubes (4 cups)
- 1 large onion, thinly sliced
- 2 small tomatoes, cored, seeded and diced
- 3 tablespoons curry powder, preferably Madras
- 2 ½ cups water
- Salt & freshly ground pepper, to taste
- Nonfat plain yogurt, for garnish

### Directions:

- Heat oil in a Dutch oven over medium-high heat. Add pumpkin (or squash) and cook, stirring occasionally, for 3 minutes. Add onion and cook, stirring frequently, for 4 minutes more. Add tomatoes, curry powder and water; bring to a boil.
- Reduce heat to low and simmer, uncovered and stirring occasionally, until the pumpkin or squash is tender but not mushy, 20 to 25 minutes. Season with salt and pepper and garnish with yogurt.

**Yield:** 4 servings

**Nutritional Information:** Calories 129; Fat 4g; Carbohydrates 23g; Protein 4g; Fiber 4g; Sodium 81mg; Potassium 1003mg

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.