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Food of the Month

May: Cauliflower

- ◆ Cauliflower contains a wealth of anti-inflammatory nutrients to help keep inflammation in check, including indole-3-carbinol or I3C, an anti-inflammatory compound that may operate at the genetic level to help prevent the inflammatory response at its foundational level
- ◆ Sulforaphane in cauliflower and other cruciferous vegetables has been found to significantly improve blood pressure and kidney function
- ◆ one serving of cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamine, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.
- ◆ Cauliflower is a good source of choline, a B vitamin known for its role in brain development. Choline intake during pregnancy "super-charged" the brain activity of animals in utero, indicating that it may boost cognitive function, and improve learning and memory.
- ◆ Cauliflower helps your body's ability to detoxify in multiple ways.



Nutritional Information: per 100g Cauliflower

Calories	25
Protein	1.9g
Carbohydrate	5g
Fat Total	0g

RECIPE:

Curried Chicken with sweet potato & Cauliflower

- 3/4 Cup low-fat natural yoghurt
- 1 tsp curry powder
- 1 tsp ground coriander
- 1 tsp ground ginger
- Pinch salt
- 1/4 tsp cayenne pepper
- 8 boneless, skinless chicken thighs
- 1 sweet potato, peeled & cut into cubes
- 3 cups cauliflower florets
- 1 Tbs extra virgin olive oil
- Pepper to taste
- 1/4 cup chopped, unsalted peanuts
- 1/4 cup loosely packed coriander leaves

Directions

Combine yogurt, curry powder, coriander, gin-

ger, garlic, salt & cayenne in a shallow glass dish; mix to blend. Reserve 1/4 cup of this mixture; cover & refrigerate. Add chicken to the remaining yogurt mixture & turn to coat. Cover & marinate in the fridge for at least 4 hours or overnight. Pre-heat oven to 450°F. Lightly coat a large rimmed baking sheet with cooking spray. Remove the chicken from the marinade & place on the prepared baking sheet. Toss sweet potato with the reserved yogurt mixture in a medium bowl & place on the baking sheet. Toss cauliflower with oil in a bowl & add to the baking sheet. Season vegetables with salt & pepper. Roast chicken & vegetables, uncovered, for 15 minutes. Turn the chicken over & stir the vegetables. Roast until the vegetables are tender & chicken is cooked through, 10 to 15 minutes more. Arrange on a plater and garnish with peanuts & coriander.