



RED CURRY CABBAGE NOODLES

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

Not only are curry flavors and spices perfect for Fall, they also pack a great health punch. Curry powder, originating in East India, usually contains a blend of 10-15 spices.

There are differing blends of these curry spices, lending to many differing flavor profiles, but turmeric is the main ingredient that gives curry its beautiful color. It is a very healthy spice that includes the compound curcumin – which is widely known for its anti-inflammatory/antioxidant/anti-bacterial benefits, plus much more. You can vary this recipe by adding thinly-sliced chicken for protein. Just pan fry the chicken first and set aside, then follow the steps below, adding the chicken at the end.

Makes 6 servings. One serving of this recipe is 1 cup cooked vegetable. It covers your vegetable and fat for one meal.



INGREDIENTS

- 6 cups cabbage, sliced into “noodles” (to your desired width)
- 2 Tbsp Thai Red Curry Paste (or any gluten-free brand without sugar/artificial sweeteners/preservatives)
- 1 Tbsp Swerve (brown is best, but regular will do)



1 cup coconut milk (not cream)

For maintenance, after cooking, try adding chopped cashews or almonds for a bit of crunch and garnish.

INSTRUCTIONS

Core the cabbage, cut in half and lay the flat side down. Slice each half into long thin strands and set aside.

Using a large sauté or saucepan, add your coconut milk, curry paste and Swerve. Whisk until smooth and bring to a simmer.

Add cabbage, cover and cook for 5-10 minutes, depending on how crunchy you like your noodles.