**Recipes with Savory Indian Flavors**

A friend gave me a flavorful recipe “Potatoes and Sesame” from Indian Cooking by Madhur Jaffrey. I have adapted it slightly and used the basic seasonings with other vegetables. Here are 2 variations.

**Cauliflower with Sesame, Mustard and Cumin Seeds**

1½ pounds of fresh and trimmed cauliflower

2 tablespoons vegetable oil

2 tablespoons whole sesame seeds

2 teaspoons whole mustard seeds

2 teaspoons whole cumin seeds

1/4 teaspoon salt (or as preferred)

1/8 teaspoon cayenne pepper (optional)

1 tablespoon lemon juice

Cut cauliflower into bite size florets.

Steam cauliflower 1-2 minutes in medium boiling water; drain.

Place oil in large skillet, heat on medium heat.

When the oil is very hot, add the sesame, mustard and cumin seeds. Cover with lid.

As soon as the seeds begin to pop (this happens within a few seconds) add the cauliflower. Stir to even out, then cover and sauté about 3 minutes, stir and then cook

 an additional 3 minutes.

Add the salt, cayenne, and lemon juice.

Stir gently and sauté, with the lid, on another 4-5 minutes or until tender.

Yield: 4 ½ cups

**Nutrition Information**

Serving size: 1 cup = 70 calories, 5 g. total fat (1 g. saturated, 0 g. trans fat), 5 g total carbohydrate, 2 g. dietary fiber, 2 g. protein, 104 mg. sodium