

Heart Healthy Recipe Exchange

Sweet Potato Sambhar

Category: Protein

Description: Main Dish

From the Kitchen of
Dr. Divya L. Selvakumar



Servings:	4
Prep Time:	15 minutes
Total Time:	30-45 minutes

Ingredients:

1. 1 medium size sweet potato
2. 2 small potatoes
3. 1 ½ tsp of fenugreek, 1 tsp turmeric, asafetida, 2 tsp of pre-made sambhar powder, salt to taste, a few curry leaves
4. 2 dried red chilies (adjust according to spice tolerance)
5. 1 tsp of mustard
6. 1 clove of garlic
7. 1 small round ball of tamarind
8. 1 cup of toor dal (pre-cooked)

Directions:

1. Boil sweet potato and remove skin; cut into small pieces and keep aside
2. Cut up tomatoes and garlic into small pieces
3. Heat canola or olive oil. Add mustard and let it splatter for 1-2 minutes when oil is hot. Add fenugreek, garlic, dried red chilies, curry leaves, and asafetida.
4. Add sweet potato and tomatoes and cook thoroughly.
5. While sweet potato and tomatoes are cooking, soak tamarind ball in warm water and squeeze out juice.
6. When tomatoes and sweet potato is cooked, add tamarind juice (not ball). Continue to extract tamarind juice.
7. Add pre-cooked toor dal. Add turmeric, sambhar powder and salt.
8. Boil for 10-15 minutes until sambhar thickens.

Notes:

Sambhar is a popular dish originating from the Indian state of Tamil Nadu and is particularly famous with idli. It can be made in a variety of ways with different vegetables and spices.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Sambhar is an excellent source of protein. Depending on the vegetable that it is used, it can contain an abundance of vitamins and minerals. The number of spices are also quite beneficial for the body as well.