

Heart Healthy Recipe Exchange

Eggplant and Mushroom Curry

Category: Vegetables

Description: Main Dish

From the Kitchen of
(Dr. Divya L. Selvakumar)

(Image: courtesy The roasted root, with thanks)



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

Ingredients:

1. 4 long eggplants
2. 4 button mushrooms
3. Curry leaves
4. 2 tsp turmeric
5. 2 tsp cumin powder
6. 1 tsp red chili powder
7. 1 tsp of chana dal, urad dal, mustard and asafetida

Directions:

1. Cut mushrooms and eggplants into small pieces
2. Heat grapeseed oil until hot
3. Put 1 tsp of mustard and let it splatter for a couple minutes.
4. Add chana dal, urad dal, asafetida and curry leaves and fry till golden brown.
5. Add mushrooms and eggplant
6. Add salt and turmeric and let it cook for 5 minutes.
7. Add red chili and cumin.
8. Serve hot.

Notes:

Vegetable curries are very popular in South Asian cuisine. Just about any vegetable can be cooked in a similar fashion and served as either a side dish or main dish. The oldest curry in the world is said to have eggplants as part of the main ingredients.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Eggplant contains a great amount of water, but also provide many other essential nutrients. Manganese is quite prevalent in eggplants. Mushrooms have an abundance of niacin, riboflavin, phosphorus and pantothenic acid. Manganese helps with the metabolism of both carbohydrates and fats. Phosphorus is involved with DNA and RNA production, and cell growth/repair. Niacin suppresses inflammation, while riboflavin is involved with the growth and maintenance of cells. Both niacin and riboflavin are also heavily involved with energy metabolism. If there are no allergic reactions that result from consuming eggplants or mushrooms, it is acceptable to consume them regularly. Chana dal is very good for treating diabetes, hypertension, flatulence and hypertension. Urad dal helps with bowel regularly and improves digestion. Asafetida is useful for high blood pressure, as well as acts as a stimulant and expectorant.