

Heart Healthy Recipe Exchange

Sweet Potato Sambhar

Category: Protein

Description: Main Dish

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

(Image: courtesy Mala's Kitchen)



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

Ingredients:

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

Directions:

- Boil sweet potato and remove skin; cut into small pieces and keep aside
- Cut up tomatoes and garlic into small pieces
- Heat canola or olive oil. Add mustard and let it splatter for 1-2 minutes when oil is hot. Add fenugreek, garlic, dried red chillies, curry leaves, and asafetida.
- Add sweet potato and tomatoes and cook thoroughly.
- While sweet potato and tomatoes are cooking, soak tamarind ball in warm water and squeeze out juice.
- When tomatoes and sweet potato is cooked, add tamarind juice (not ball). Continue to extract tamarind juice.
- Add pre-cooked toor dal. Add turmeric, sambhar powder and salt.
- 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. A traditional sambhar recipe usually consists of either a starch or vegetable, along with a type of lentils. It is usually eaten with rice. Sambhars are prominent within most South Indian cuisines, and has gained widespread fame throughout the world.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Sambhar is an excellent source of protein with lentils. It is commonly cooked with toor dal. Sweet potato contains Vitamin A, which is good for the maintenance of the reproductive organs, eyes, and skin. In Ayurvedic medicine, fenugreek aids in digestion and provides iron. Garlic and ginger are both anti-inflammatory and promote immunity. Curry leaves can be beneficial for diabetics and promotes heart health, by providing a healthy mixture of carbohydrates, vitamins and fiber. Red chilis, used in moderation, also removes harmful bacteria and toxins, and treats congestion for respiratory illnesses. Tomatoes are packed with Vitamin C and lycopene, both agents for fighting cancer and other illnesses.