

Heart Healthy Recipe Exchange

Tindora/Ivy Gourd Curry

Category: Lunch/Dinner

Main Dish

From the Kitchen of
Sudha Bhat

(Image: courtesy Arun Velekkat, with thanks)



Servings:	4
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

1. 0.5 lbs tendli or tindora
2. 2 tbsp. of Extra Virgin Olive Oil
3. 2 tsp of crushed garlic
4. 1 tsp. of mustard seeds
5. ¼ tsp. of turmeric
6. Salt for taste (3/4 tsp. suggested)
7. 1 tsp of red chili powder

Directions:

1. Wash tindli completely and pat dry.
2. Smash tindoras with mortar and pestle.
3. Heat olive oil in non-stick frying pan on medium heat.
4. Add mustard seeds and let them pop.
5. Add crushed garlic.
6. Toss smashed vegetables in the pot.
7. Add salt, turmeric, red chili powder and stir vegetables thoroughly.
8. Cover with lid. Reduce heat and simmer for 8-10 minutes until completely cooked.

Notes:

The basic recipe for a curry has been described above. It can consist of any type of vegetables, but turmeric, salt, chili powder, and sometimes cumin are occasionally added. Curries can be cooked and presented in a variety of different ways.

Comments on Nutritional Value (Dr. Divya Selvakumar):

The ivy gourd is a vegetable native to Africa, South Asia, East Asia, and Micronesia. The US state of Hawaii has also been known to grow ivy gourd. It contains a high amount of beta-carotene, and is also used as antihistamine, anti anaphylactic, and anti-inflammatory agent. Scabies and osteoarthritis have been shown to be effectively treated through the consumption of ivy gourd. Garlic is helps in the reduction of cholesterol, fights infection and is an anti-inflammatory agent, along with turmeric and red chili powder.