

Heart Healthy Recipe Exchange

Okra and Potato Curry

Category: Vegetable

Description: Main Dish

From the Kitchen of
Preeti Parthasarathy



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

Ingredients:

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1. 1 big Russet potato
 2. 20-25 okra or lady's fingers
 3. ½ of red onion
 4. 1 Roma tomato or 10 cherry tomatoes
 5. 1 tsp cumin
 6. ½ tsp turmeric
 7. ½ tsp garam masala
 8. 1-2 tbsp olive oil
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Directions:

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1. Wash and pat dry 20-25 okra.
 2. Cut all okra into 1" pieces
 3. Cut Russet potato into cubes
 4. Slice onion into thin pieces
 5. Slice up cherry tomatoes or Roma tomatoes.
 6. Toss all vegetables into oven safe dish.
 7. Drizzle olive oil over vegetables.
 8. Sprinkle cumin seeds, turmeric and garam masala over vegetables.
 9. Preheat oven to 425F, and place dish in oven for 15 minutes; mix well.
 10. Cook again for another 15-20 minutes till vegetables appear to be little roasted.
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Notes:

Okra and potato is a common combination for many dishes throughout the world. Okra and potato are used in a wide variety of South Asian cuisines and are very popular as snacks and main dishes.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Okra or Lady's finger is commonly used throughout the world for a large variety of dishes. It has an excellent source of Vitamin C, Vitamin K, and magnesium. Russet potato is very versatile as a starch, and is used for baking, sauteing and frying purposes; it is also known as an Idaho potato. For heart healthy purposes, it is best to bake, steam or sauté rather than frying. Tomato contains lycopene and Vitamin C, an antioxidant. Olive oil is not traditionally used in South Asian cuisine, but has become popular for its monounsaturated fat content, which helps heart patients. Cumin is an excellent digestive aid, while turmeric acts as an anti-inflammatory and anti-fungal agent. Garam masala also has similar properties like cumin and turmeric.