Indian Samosa
Serves 4

Ingredients

Pastry
- 1 cup All Purpose flour
- 2 tablespoons vegetable oil

Filling
- 2 large potatoes (boiled)
- 1 chopped onion
- 2 green chilies, finely chopped
- 2 tablespoons of oil (vegetable or olive)
- ½ teaspoon grated ginger
- ½ teaspoon crushed garlic
- 1 tablespoon finely chopped cilantro
- ½ of a lemon’s worth of juice
- ½ teaspoon turmeric
- ½ teaspoon garam masala
- ½ teaspoon red chili powder
- Salt to taste

Directions

1. Mix together the flour, oil and salt.
2. Add a little water, until mixture becomes crumbly.
3. Keep adding water, kneading the mixture till it becomes a soft pliable dough.
4. Cover with a moist cloth and set aside for 20 minutes.
5. Beat dough on a work surface and knead again.
6. Cover and set aside.

FILLING.

1. Heat 3 tbsp oil.
2. Add ginger, garlic, green chillies and few coriander seeds.
3. Stir fry for 1 minute, add onions and saute till light brown.
4. Add cilantro (fresh coriander), lemon juice, turmeric, red chili, salt and garam masala.
5. Stir fry for 2 minutes.
6. Add potatoes.
7. Stir fry for 2 minutes.
8. Set aside and allow to cool.
9. Divide dough into 10 equal portions.
10. Use a rolling pin, roll a piece of dough into a 5" oval.
11. Cut into 2 halves.
12. Run a moist finger along the diameter.
13. Roll around finger to make a cone.
14. Place a tablespoon of the filling into the cone.
15. Seal the third side using a moist finger.
16. Deep fry the samosas on low to medium heat until light brown.

Nutrition facts per serving: 430.7 Calories, 17.6 g fat (2.3 g saturated), 61.8 g carbs, 6 g fiber, 7.8 g protein

Easy Indian Butter Chicken
Serves 6
Ingredients
- 1 cup of butter, divided
- 1 onion, minced
- 1 tablespoon minced garlic
- 1 (15 oz) can of tomato sauce
- 2 cups half-and-half cream
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon garam masala
- 1 ½ lbs boneless, skinless chicken breasts, chopped into bite sized chunks
- 2 tablespoons vegetable oil
- 2 tablespoons tandoori masala

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes.
3. Meanwhile melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.
4. While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet.
5. Bake chicken in preheated oven until no longer pink in the center, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving.

Nutrition facts per serving: 880 Calories, 82.3 g fat, 12.8 g carbs, 26.4g protein

Masala Chana Chaat
Serves 4
Ingredients
- 1 red onion finely chopped
- 1 green chili finely chopped
- 9oz peeled and cooked potatoes
- 1 tin (400g) chickpeas, drained
• 1 deseeded pomegranate
• 2oz roasted peanuts
• ½ tsp garam masala
• ¼ tsp dried chili powder
• 1 tsp salt
• 1oz coriander leaves
• ½ cup plain yogurt
• ½ cup mango chutney

Directions
1. Mix onion, chili, potatoes, chickpeas, pomegranate, peanuts, garam masala, chili powder, and salt in a large bowl
2. Divide mixture among plates

Nutrition fact: chick peas are a great source of protein and fiber!