

## Golden Potatoes

Makes 6 1-cup servings

*Top these colorful, spicy potatoes with chutney and serve them with lentil or bean soup*

- 4 large red potatoes
- 2 teaspoons mustard seeds
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- 1 cup water, divided
- 1 onion, chopped
- 1 1/2 teaspoons soy sauce

Scrub potatoes, then steam them until tender when pierced with a fork, 40 to 50 minutes. Cool completely, then cut into 1/2-inch cubes.

Toast mustard seeds, turmeric, cumin, ginger, cayenne, and black pepper in a large non-stick skillet for 1 to 2 minutes, then carefully pour in 1/2 cup water. Add onion and cook, stirring frequently, until onion is soft and most of the liquid has evaporated, about 5 minutes. Add potatoes along with remaining 1/2 cup water and soy sauce. Stir to mix, then cover and cook over medium heat for 5 minutes. Stir before serving.

Per 1-cup serving

- Calories: 117
- Fat: 0.7 g
- Saturated Fat: 0.1 g
- Calories from Fat: 5.4%
- Cholesterol: 0 mg
- Protein: 2.8 g
- Carbohydrates: 26.1 g
- Sugar: 2.1 g
- Fiber: 3.5 g
- Sodium: 85 mg
- Calcium: 38 mg
- Iron: 2.6 mg
- Vitamin C: 17.2 mg
- Beta Carotene: 18 mcg
- Vitamin E: 0.2 mg

*Source: Eat Right, Live Longer by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.*

---