Baked Samosas

Recipe

Makes 15-20 triangles

Ingredients

♦ 1 lb potatoes, boiled until fork tender and cooled
♦ 1 teaspoon grapeseed oil
♦ 1 large onion, chopped
♦ 3 garlic cloves, minced
♦ ½ teaspoon grated ginger
♦ ½ cup frozen peas, thawed
♦ 1 ¼ teaspoon garam masala (Indian spice blend)
♦ ½ teaspoon cumin
♦ ½ teaspoon ground coriander
♦ ¼ cup grapeseed oil, for brushing
♦ Phyllo sheets, thawed if frozen

Directions

1. Peel potatoes and cut into 1/2-inch cubes. Put in a medium saucepan with 1 tsp salt and enough water to cover by 1 inch. Simmer until tender, about 15 minutes, then drain in a colander.
2. In a sauté pan add oil, onion, garlic and ginger cook over medium-high heat, stirring occasionally, until golden brown, 8 to 10 minutes.
3. Add potatoes and peas and cook, stirring, 3 minutes, then remove from heat and cool slightly.
4. Preheat oven to 400°F. Line a baking sheet with parchment or foil and spray well with cooking spray.
5. Cover stack of phyllo sheets with plastic wrap and a damp kitchen towel. Keeping remaining phyllo covered and working quickly, place 1 sheet on work surface.
6. Gently brush one sheet with some oil, fold in half lengthwise, brush more oil and fold lengthwise again.
7. Put 1 tablespoons filling near one corner of 1 strip and fold corner of phyllo over to enclose filling and form a triangle. Continue folding strip, maintaining triangle shape.
8. Put samosa, seam side down, on baking sheet. Make 3 more triangles in same manner.
9. Repeat with remaining phyllo and filling. Generously brush tops of samosas with grapeseed oil and bake, turning samosas over halfway through and switching position of sheets, until golden and crisp all over, about 20 minutes total.
10. Cool slightly. Serve warm or at room temperature.

Nutritional Information

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Serving Size: 58 grams</th>
<th>Calories 78</th>
<th>Calories from fat 6</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0.7 grams (1%)</td>
<td>0 mg (0%)</td>
<td>97mg (4%)</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td></td>
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<tr>
<td>Sodium</td>
<td>15.9 grams (5%)</td>
<td>1.4 grams (6%)</td>
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<tr>
<td>Dietary Fiber</td>
<td>2.1 grams</td>
<td>Sugars 2.0 grams</td>
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<tr>
<td>Protein</td>
<td>2.1 grams</td>
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</tbody>
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Vitamins

| Vitamin A: 2% | Vitamin C: 11% | Calcium: 1% | Iron: 2% |

Nutrition Grade

B

Shown here with yogurt sauce

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 13, 2012