Saag Aloo

Saag Aloo is popular spinach and potato curry that you will love served with rice. The amazing array of Indian spices will surprise and please your taste buds!

Ingredients:
- 2 tablespoons ghee or vegetable oil
- 1 teaspoon garam masala*
- 2 teaspoons coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne
- 2 lbs frozen chopped spinach, thawed and drained
- 1/4 cup water (if needed)
- 1 cup light sour cream
- 2-3 red potatoes, diced
- Salt and pepper to taste

Directions:
1. Place diced potatoes in a small pot; cover with cold water. Bring to a boil, and then simmer just until tender. Drain.
2. Meanwhile, heat ghee or oil in a large skillet or saucepan. Add spices and heat for about 30 seconds.
3. Add spinach, plus water if needed. Simmer about 15 minutes. Adjust seasonings if needed. Transfer spinach to food processor (or use immersion blender); chop finely.
4. Stir in sour cream, and then add potatoes. Cook a few minutes more, or until heated through.

*Garam Masala recipe: combine 1 tablespoon cumin, 1 1/2 teaspoons coriander, 1 1/2 teaspoons cardamom, 1 1/2 teaspoons black pepper, 1 teaspoon cinnamon, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground cloves

Serving Size: ¾ cup
Yield: 8 servings
Recipe adapted from Dr. Jeff Miller, CSU

<table>
<thead>
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<th>Nutrition Information / Amount per serving:</th>
<th>Calories</th>
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<th>Protein</th>
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<tr>
<td>Total fat</td>
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<td></td>
<td>Total Carbohydrates</td>
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<tr>
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<td>Sodium</td>
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