

# Asparagus Potato Fry / Asparagus Recipe Indian Style



Asparagus Potato fry / Asparagus Recipe Indian Style is a simple yet delicious stir fry. Asparagus is packed with nutrients, high in antioxidants and it is one of the best source of folate which is very essential for pregnant women to protect their infants. It prevents cancer and heart diseases. You can make lot of tasty recipes with asparagus like steamed, roasted or grilled or stir fry. Today I am posting an easy Indian recipe with asparagus. Though it is not common in Indian markets, they are abundantly available in grocery stores in US during spring and summer. Asparagus cooks quickly, so make sure you have all the ingredients ready by the stove. It comes in different colours, I used green variety of asparagus. This asparagus stir fry goes very well with

[sambar rice](#) / [rasam](#) / [curd rice](#) or any variety rice or [chapathi](#). Also check my other recipe – [mushroom asparagus stir fry](#)

## Asparagus Potato fry

Asparagus Potato Fry / Asparagus Recipe Indian Style



[Save Print](#)

Prep time

5 mins

Cook time

25 mins

Total time

30 mins

Asparagus Potato Fry is a simple, delicious Indian style stir fry goes well with rice and chapathi.

Author: Gayathri Ramanan

Recipe type: side dish

Cuisine: Indian

Serves: 2

Ingredients

- 1 Bunch of Asparagus (green)
- 2 Yellow Potatoes, Medium Sized
- 5 Small Onion
- 3 Garlic
- $\frac{1}{4}$  Inch Ginger
- 2 Tsp of Sambhar Powder or Curry Powder

- $\frac{1}{4}$  Tsp of Garam Masala
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves
- Salt to taste
- 3 Tsp of Cooking Oil

## Instructions

1. Wash the asparagus, cut off the tough bottom end of the asparagus. Chop them into fine pieces.
2. Wash and chop the potatoes.
3. In a mixie (blender), grind onion, ginger and garlic to a fine paste.
4. Heat a pan with oil, when it is hot, add mustard, urad dal and curry leaves, after it pops up. Add the potato and enough water, cover and cook it for few mins.
5. Then add asparagus, ground paste, sambhar powder, garam masala and salt. Cover and fry it in a low flame for 10-15 mins until raw smell of ground paste goes off.
6. Yummy asparagus potato fry is ready to enjoy with rice or chapathi.

## Notes

If you don't have sambar powder or curry powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and  $\frac{1}{2}$  tsp of turmeric powder.

You can follow the same recipe and use different vegetables. Make sure to stir the veggies continuously to avoid burning or sticking to the pan



---

## Turnip Greens Kootu Recipe Indian Style

©foodybuddy.net



## Turnip Greens Kootu

Turnip Greens kootu recipe Indian style is a simple and traditional south Indian dal made from turnip greens and moong dal. Turnip greens are green leafy tops of turnip plant. They are highly nutritious and offers a variety of health benefits like it prevents cancer, diabetes, good for heart, bones and eyes. They are excellent source of antioxidants, vitamin A, K, B6, C and folic acid, minerals like copper, calcium, iron.

On my regular visit to schnucks store in St.Louis, I picked this turnip greens, they were so fresh and vibrant. They are slightly bitter in taste, after cooking with dal, you cannot taste the bitterness. You can make lot of recipes with turnip greens, I usually make stir fry with potatoes or south Indian sambar or salad. I already posted [keerai kootu recipe](#). This

kootu recipe suits any greens you have in hand, right from spinach – kale. Lets move on to the recipe.

## Turnip Greens Kootu Recipe Indian Style

Turnip Greens Kootu Recipe – Indian Style



Turnip Greens Kootu

[Save Print](#)

Prep time

30 mins

Cook time

20 mins

Total time

50 mins

Turnip greens are just sauteed with onions, garlic and tempered with with mustard, red chilly and curry leaves. Goes well with hot steamed white rice.

Author: Gayathri Ramanan

Recipe type: kootu recipe – side dish

Cuisine: Indian

Serves: 2

Ingredients

- 1 Small Bunch of Turnip Greens (Fresh)
- $\frac{1}{2}$  Cup of Moong Dal

- 1 Onion, Chopped
- 2 Garlic Cloves, chopped
- 2 Tbsp of Grated Coconut (fresh)
- 1.5 Tsp of Cumin Powder (roasted)
- $\frac{1}{2}$  Tsp of Black Pepper Powder
- $\frac{1}{4}$  Tsp of Turmeric Powder
- Pinch of Asafoetida
- Salt to taste
- 1 Tsp of Ghee
- To Temper
- 2 Tsp of Coconut Oil
- 1 Tsp of Mustard Seeds
- $\frac{1}{2}$  Tsp of Urad Dal
- 2 Red Chilies
- Few Curry Leaves

## Instructions

1. Soak the moong dal in water for 30 mins. Drain the water, wash the dal and keep it aside.
2. Wash and roughly chop the greens and dice the stalks.
3. Heat the cooker, add dal, water, turmeric powder and salt. Cook it for 3 whistles.
4. Heat a pan with oil, temper it with mustard seeds, urad dal, red chilly, curry leaves, asafoetida.
5. Add onion and garlic, fry until golden brown.
6. In a low flame, add coconut, fry it for a min.
7. Add cumin powder, pepper powder, fry for few secs.
8. Add greens, saute this till it reduces in size.
9. Add cooked dal, mix well, add water if needed, cook it for few mins and finally add ghee, mix it and remove it from heat.
10. Serve with hot steamed rice.

## Notes

You can try same kootu with any dals (toor dal / bengal gram) or any greens (spinach/radish/kale).

Adjust number of red chilies according to your taste.

You can also add 1 green chilly, if you like.

Use any oil for tempering. I love coconut oil for kootu so I used it.

©foodybuddy.net



tags: [turnip greens kootu recipe](#), [turnip keerai kootu](#), [kottu recipe south indian](#)

---

# Low Fat Sweet Potato Fries (Indian Style)



Low fat sweet potato fries (Indian Style) is one of my favorite side dish. Whenever I go for weekly vegetable shopping, I used to buy sweet potato without fail. Sweet potatoes are very good for our health as they are very rich in minerals like potassium, iron, magnesium and vitamins like A, B6 and D. In US, sweet potatoes in markets are very bigger in size when compare to India. In this recipe, I used only 2 big sweet potatoes. You can also make sweet potato fries like french fries by deep frying them in oil . But instead of deep

frying, I chose pan frying. I mixed all the masalas (spice powders), curd and sweet potato in a bowl, then i pan roasted them with less oil. It tastes awesome with [sambar rice](#) or [dal rice](#) or even good with [chapathi](#). Also check my [sweet potato fry recipe \(sakkaravalli kizhangu varuval\)](#)

## How to make Low Fat Sweet Potato Fries (Indian Style)

Low Fat Sweet Potato Fries (Indian Style)



[Save Print](#)

Prep time

15 mins

Cook time

20 mins

Total time

35 mins

low fat sweet potato fries is a low calorie, very tasty side dish recipe goes well with sambar rice, dal rice or chapathi.

Author: Gayathri Ramanan

Recipe type: side dish

Cuisine: Indian

Serves: 2

## Ingredients

- 2 Sweet Potatoes (big)
- 2 Tbsp of Curd (yogurt)
- $\frac{1}{2}$  Tsp of Red Chilly Powder
- $\frac{1}{2}$  Tsp of Pepper Powder
- $\frac{1}{2}$  Tsp of Garam Masala
- $\frac{1}{2}$  Tsp of Sambar Powder
- Pinch of Kashmiri Powder (optional) for colour
- 1 Tsp of Ginger Garlic Paste
- 1 Tbsp of Olive Oil
- Salt tot taste

## Instructions

1. Wash and cut the sweet potato into finger sized pieces with same thickness.
2. In a bowl, add sweet potato and all the ingredients listed under ingredient list. Mix everything well with hand. Marinate them for 15 mins.
3. Heat a pan with oil, add the marinated sweet potatoes, fry them in low flame for 20 mins until they turn crisp and brown.
4. Low fat sweet potato fries are ready.

## Notes

Always use non sticky pan or cast iron pan for frying.

Ginger garlic paste adding for easy digestion.

You can follow the same recipe for potato.

Adjust the amount of spice powders as per your taste.

# Low fat Sweet Potato fries



©foodybuddy.net