

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Potatoes with Scallions and Tumeric  
Serves 4-6**

2 large baking potatoes  
2 bunches of scallions (about 10)  
1 ½ tablespoons canola or olive oil  
½ teaspoon black cumin  
¼ teaspoon ground turmeric  
½ teaspoon salt  
¼ teaspoon black pepper

**Directions:**

1. Peel potatoes. Cut potato into 1/8 inch slices, then into 1 inch pieces.
2. Chop scallions into 1 inch pieces
3. Heat oil in a large skillet on medium-high heat. Add black cumin and fry for 1 minute.
4. Add potatoes to pan. Sprinkle with turmeric. Cook potatoes, stirring occasionally, until brown on both sides; about 6 minutes.
5. Add scallions and continue to cook until potatoes are tender and crisp, stirring often; about 3 minutes.

**Serving Suggestions:** This should be a dry recipe (i.e. no sauce). Serve with hot brown rice and lentils (“daal”), optional.

**Recipe Source:** Lipi Roy, MD, MPH [www.spicesforlifemd.com](http://www.spicesforlifemd.com)

**Nutritional Information per serving:**

Calories: 121	Carbohydrates: 18g
Total Fat: 5g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 3g
Protein: 3g	Sodium: 300mg