Potatoes with Scallions and Turmeric
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