

### **Traditional Poha (makes 4 servings)**

- 1.5 cups poha (flattened rice flakes)
- 1 medium potato, diced
- 1 large tomato, diced
- 1 small onion, diced
- 1/4 tablespoon salt
- 1/4 tablespoon cumin seeds
- 1/4 tablespoon mustard
- 1/8 tablespoon turmeric
- 1/8 tablespoon red chili, ground
- 1 1/2 tablespoon vegetable oil

First, heat the vegetable oil on medium-high heat and add and add mustard and cumin seeds. Then saute the onion and potato for about five minutes or until brown. Add the tomato and continue to cook for five minutes. Add turmeric and chili and mix well. Finally, add the poha and blend.

**Nutrition facts for this recipe:** 206 calories per serving, 3 grams fat, 1 gram saturated fat, 14 milligrams sodium, 40 grams carbohydrate, 2 grams fiber, 4 grams protein.

Remember to eat your healthy Indian food in moderation (just like any food you eat!) and to enjoy your meal with a healthy low-calorie drink, like water.