

Potato Samosa Pitas

A vegetarian sandwich with a fragrant Indian-style potato filling for families who want a tasty change of pace.

1 lb. (500 g) Ontario mini or regular-size red or white potatoes, unpeeled
2/3 cup (150 mL) frozen peas
1/3 cup (75 mL) low-fat plain yogurt
1 stalk green onion, snipped into small pieces with scissors (1/4 cup/50 mL)
2 tbsp (30 mL) tomato sauce
1 tbsp (15 mL) olive oil
1 tsp (5 mL) cumin
1 tsp (5 mL) garam masala (optional)*
1/2 tsp (3 mL) finely chopped garlic (pre-chopped from jar or chopped by adult)
1/4 tsp (1 mL) salt
1 tsp (5 mL) lime juice (optional)
Three 6-inch (15 cm) whole-wheat or plain pita breads

* A fragrant, non-hot Indian spice available in supermarket spice sections or bulk spices.

Cut unpeeled potatoes in 1/2-inch (1 cm) dice. (An adult should peel and dice for young children.) Place in microwavable bowl, cover and heat on high 6 minutes, or until potato is tender and can be pierced with a fork. Use oven mitts when removing cover. Be careful, steam from bowl is hot. Pour frozen peas over potatoes, re-cover. Cook on high another 2 minutes. Set aside.

Put in saucepan (no heat at this point), yogurt, green onion, tomato sauce, olive oil, cumin, garam masala (if using), garlic and salt. Turn heat to medium-low, stir mixture and gently simmer 2 minutes. Reduce heat to low.

Add potatoes and peas to saucepan and mix well. Cook, stirring, for about 1 minute, until most of yogurt mixture is soaked up by potatoes. Take off heat. Stir in lime juice, if using. Use a potato masher or wooden spoon to break apart potato chunks, but do not mash completely.

To make samosa sandwiches, cut pita breads in half. Use fingers to split open pockets. Fill each pocket with about 1/2 cup (125 mL) potato mixture. Gently press pita bread to even out potato layer. Fill six pita halves.

Place pitas on baking sheet. Bake about 8 minutes in 350 F (180 C) oven, or until pita bread is crisped and filling is warmed through. (Note: Filling can be covered and chilled up to two days for sandwich-making as required).

Makes 6 Potato Samosa Pitas.

Per serving: 181 calories, 6 g protein, 4 g fat, 33 g carbohydrates, 4 g fibre, 309 mg sodium

