Methi Paratha with Sweet Potato

Source: Recipe by Archana Saraf

This paratha is perfect during winters, when fresh methi leaves are available.

About the Recipe

64 Calories · 4 g Protein · 8 g Fiber
Breakfast

Ingredients

Makes 3 Servings

- 3/4 cup whole-wheat pastry flour (atta)
- 1 1/2 cups finely chopped fenugreek (methi) leaves
- 3/4 cup boiled and mashed sweet potato
- 1 finely chopped green chili or 1/2 finely chopped serrano pepper
- to taste salt

Directions

1. Combine all above ingredients and mix well and knead into soft dough (adding water only if needed).
2. Divide the dough into 3 equal portions and roll out each portion into a circle of 6-inch diameter.
3. Heat a skillet (tawa), spray or put few drops of oil to grease skillet for the first paratha only.
4. Cook paratha on both sides until reddish-brown spots appear. Do not leave parathas standing too long as they will stiffen up. Serve immediately.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 64
Fat: 1 g
- **Saturated Fat:** 0.1 g
- **Calories from Fat:** 2%

Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 64 g
Sugar: 12 g
Fiber: 8 g
Sodium: 170 mg
Calcium: 33 mg
Iron: 3 mg
Vitamin C: 42 mg
Beta Carotene: 1,011 mcg
Vitamin E: 1 mg
Potassium: 385 mg