Mixed Greens (Subji)

Source: Recipe by Archana Saraf

This colorful subji is delicious with whole wheat chapati or brown rice.

About the Recipe

74 Calories · 4 g Protein · 3 g Fiber
Lunch

Ingredients

Makes 4 Servings

- 2 1/2 cups red amaranth leaves, chopped coarsely
- 1 cup fenugreek (methi) leaves, chopped coarsely
- 1/2 cup dill leaves or fresh dill, chopped coarsely
- 1 medium red onion, finely chopped
- 3-4 whole red chili, broken into 2 peaces each or 1/2-1 teaspoon dried chili flakes
- 1 tbsp. urad dal (black gram dal)
- 1/2 tsp. mustard seeds
- 7-8 curry leaves
- 4-5 cloves garlic, finely chopped
- 1/2 tsp. turmeric powder
- 1/2 tsp. red chili powder or 1/4 teaspoon cayenne pepper
- 2-3 tbsp. roasted peanut, powdered or crushed
- 1 tsp. tamarind soaked in 1 tablespoon water, or 1/2 teaspoon tamarind paste

Directions

1. In a skillet on medium heat, dry roast mustard seeds.
2. When they start spluttering, add urad dal and roast till golden brown.

3. Add garlic, curry leaves, and whole red chili and sauté for few seconds.
4. Add onion and sauté till onion is translucent; if onion starts to burn add a tablespoon of water.
5. Add turmeric powder and red chili powder and sauté for few seconds.
6. Add chopped greens and sauté for 2-3 minutes.
7. Cover the skillet with a lid and cook greens for 5-10 minutes until it is cooked completely.
8. Add peanut powder and tamarind pulp and mix well.
9. Cook for one more minute and the greens are ready to be served.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 74
Fat: 3 g
    Saturated Fat: 0.5 g
    Calories from Fat: 31%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 10 g
Sugar: 3 g
Fiber: 3 g
Sodium: 31 mg
Calcium: 74 mg
Iron: 2 mg
Vitamin C: 84 mg
Beta Carotene: 776 mcg
Vitamin E: 1 mg
Potassium: 392 mg