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