

# Vegetable Samosas

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Restaurant versions of this Indian dish are often deep fried and high in salt. This homemade version is baked to limit the amount of added fat. Alberta Health Services recommends preparing food at home to control the amount of salt you eat.



## Ingredients:

### For the dough:

1 ½ cups	All purpose flour	375 mL
4 tsp	Butter or ghee	20 mL
½ tsp	Salt	2 mL
6 Tbsp	Water (enough to make firm dough—adjust water as necessary)	90 mL

### For the filling:

2 ½ cups	Potatoes, peeled and diced small	625 mL
1 cup	Frozen peas	250 mL
3 Tbsp	Canola oil	45 mL
½ tsp	Cumin seeds	2 mL
1 inch square	Ginger root, peeled and grated	1 piece
½ tsp	Salt	2 mL
1 tsp	Ground coriander	5 mL
½ tsp	Ground turmeric	2 mL
½ tsp	Chili powder	2 mL
1 tsp	Dried mango powder	5 mL
1	Green chili, de-seeded and finely chopped	1

## Directions:

### For the dough:

1. Rub butter or ghee into flour until the mixture is crumbly.
2. Add salt and water to make a firm but pliable dough.
3. Cover the dough and let rest for at least 30 minutes.

### For the filling:

1. Cook potatoes in a pot of boiling water for 5 minutes.
2. Add peas and cook for another 5 minutes. Drain well.

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3. Heat oil in a skillet and sauté the ginger and all the spices.
4. Add peas, potatoes and diced chili.
5. Cook for one minute; set aside.

## To assemble:

1. Preheat oven to 400°F (200°C). Lightly spray a baking sheet with non-stick cooking spray. Set aside.
2. Divide pastry into 12 pieces. Roll out each piece into a thin circle and cut each circle in half.
3. Put a spoonful of filling into each half and roll into a cone.
4. Press the edges firmly to seal.
5. Place samosas onto prepared baking sheet. Brush top with vegetable oil.
6. Bake in a 400°F (200°C) oven for 20–25 minutes or until golden.
7. Serve warm or cold as an appetizer or snack.

**Makes 12 samosas; 6 servings (2 samosas/ 158 g)**

<b>Nutrition Facts</b>	
Per 1/6 of recipe (2 samosas/ 158 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 280	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 2 g	<b>10 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 440 mg	<b>7 %</b>
<b>Carbohydrate</b> 42 g	<b>14 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 2 g	
<b>Protein</b> 6 g	
Vitamin A	40 %
Vitamin C	45 %
Calcium	2 %
Iron	15 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	3 g
Source of potassium	338 mg
Source of magnesium	32 mg
Very high in folate	112 mcg
High in iron	2.4 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.