

Indian Spinach and Potatoes

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spinach-and-potatoes-recipe>

Ingredients:

- 32 ounces spinach frozen whole leaf, 3 10-oz boxes or 2 16-oz bags note: you can use chopped spinach, but I have a slight preference f...
- 1 yellow onion large, peeled, halved lengthwise and thinly sliced crosswise
- 4 tablespoons vegetable oil
- 1 tablespoon black mustard seeds or substitute yellow mustard seeds
- 1 tablespoon minced garlic 2 large cloves
- 1/4 teaspoon cayenne pepper use a pinch more if you like a lot of heat
- 1 1/4 teaspoons salt plus more, to taste
- 1 1/2 pounds russet potatoes peeled and cut into 3/4-inch to 1-inch cubes
- kosher salt
- freshly ground black pepper to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 25 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 640 milligrams
8. Sugar: 2 grams

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