

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