

# Potato and Kidney Bean Salad

## *Ingredients:*

- 4 med potatoes, cut into small cubes
- 2 spring onions, chopped
- 2 green chilies, chopped
- 200 gms kidney beans (rajma)
- 2 garlic cloves, crushed
- 1 tsp olive oil
- Few cilantro leaves, chopped
- Salt and pepper to taste

## *Method:*

1. Heat oil in a pan and sautee onions, green chilies and garlic for 5 minutes.
2. Add the rest of the ingredients mixing well and cook for another 5 minutes.
3. Serve hot garnished with the chopped cilantro leaves.

*Serves:* 4

*Preparation time:* 15 minutes

## *Nutrition Information (per serving):*

Calories: 145

Protein: 4.75 gms

Carbohydrate: 28.8 gms

Total Fat: 1.1 gm

Monounsaturated fatty acids: 0.8 gms

Sodium: 8.5 mg

Fiber: 3.3 gms

## *Author:*

Geetha Desai, M.S., R.D., CDE, CLE, PAMF Nutrition Services

**This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit [www.pamf.org/southasian](http://www.pamf.org/southasian).**