

# Spiced Mixed Vegetables With Cereal Balls

## Ingredients:

**Cilantro Mix**  
2 cups fresh, chopped cilantro  
1 tbsp fresh, grated ginger  
3 cloves garlic, minced  
1 tsp coriander powder  
1 tsp cumin powder  
½ tsp turmeric  
½ tsp asafetida

**Mixed Vegetables and Fruit**  
2-3 small potatoes  
1-2 small Italian eggplants  
1 sweet potato  
1 medium banana  
1 cup edamame beans, boiled  
3 tbsp vegetable oil  
¼ tsp asafetida

**Muthia (Cereal Balls)**  
¾ cup all-purpose flour  
¼ cup chopped, fresh spinach  
1 tsp salt  
1/8 tsp asafetida  
1/8 tsp chili powder  
1/8 tsp turmeric  
¼ cup water

## Method:

1. Preheat oven to 400°F.
2. In a medium-size bowl, blend all ingredients for cilantro mix. Set aside.
3. Slit potatoes, sweet potatoes, eggplants, and banana almost through every half inch. Fill each with cilantro mix, using about 1 1/2 cup of mix.
4. In a small bowl, toss edamame beans with remaining mix.
5. Put oil and asafetida (for mixed vegetables) into a 10 x 13-inch baking pan. Arrange potatoes and sweet potato in pan; bake for 15 minutes. Add eggplants to pan; continue baking for 15 minutes. Add banana and lima beans; bake 15 to 30 minutes longer, or until all vegetables are tender.
6. In a medium-size bowl, blend all ingredients (except water) for muthia. Add water; mix to make dough. Knead for 1 to 2 minutes. Divide dough in 8 small pieces; roll each piece into a ball. Put on a steamer over boiling water and cover; steam for 10 minutes, or until cooked through.
7. Add cooked muthia to baking pan with vegetables and fruit. Bake for 5 more minutes.

**Yield:** About 32 ounces

**Serving size:** 4 ounces

**Servings per recipe:** 8

**Exchanges:** Starch/bread 2; Vegetable 1; Fat 2

## Nutrient content per serving:

Calories: 155

Carbohydrate: 36 g

Fat: 5 g (45 Calories from fat)

Dietary fiber: 9.2 g

Saturated fat: Negligible

Sugars: 10 g

Cholesterol: 0 mg

Protein: 11.4 g

Sodium: 321 mg

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**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).**