

# Samosas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving Size: 1 each

| Ingredients                                     | Quantity | Measure     |
|---|----------|-------------|
| Phyllo dough                                    | 9        | sheets      |
| Olive oil                                       | ½        | cup         |
| Filling   |          |             |
| Potatoes, peeled and diced into 1/4-inch chunks | 1 ½      | pounds      |
| Water   | 1        | quarts      |
| Salt, divided                                   | 2        | teaspoons   |
| Olive oil                                       | 2        | tablespoons |
| Onion, chopped medium                           | 1        | each        |
| Garlic, minced                                  | 2        | cloves      |
| Fresh ginger, peeled and finely chopped         | ½        | teaspoon    |
| Jalapeno, seeded and finely chopped             | 2        | teaspoons   |
| Peas and carrots, frozen                        | ¾        | cup         |
| Corn, frozen                                    | ¼        | cup         |
| Garam Masala                                    | ½        | teaspoon    |
| Turmeric  | ½        | teaspoon    |
| Red chili powder                                | 1        | teaspoon    |
| Lemon juice                                     | ¼        | cup         |
| Cilantro, chopped                               | 1        | tablespoon  |

# Samosas Continued

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## Preparation

### Filling

1. Put potatoes in a pot with 1 teaspoon of salt. Add water and bring to a boil, cook potatoes until very tender, about 12 minutes.
2. When potatoes are done, drain and mash.
3. Heat oil in a pan over medium heat. Once hot sauté onions, garlic, ginger and jalapeno until tender.
4. Add peas, carrots, and corn continue to cook for 2 minutes.
5. Add Garam Masala, turmeric, red chili powder and one teaspoon of salt. Continue to cook for 3 minutes and remove from heat.
6. In a large bowl, mix potatoes, heated vegetable mixture, lemon juice, and cilantro.
7. Taste and adjust seasoning if desired.

### Phyllo dough

1. Preheat oven to 350 degrees.
2. Brush one sheet of phyllo with olive oil. Lay another sheet on top of the brushed one and brush second layer with olive oil; lay another sheet on top and brush with oil.
3. Cut into 2-inch squares.
4. Put one tablespoon of potato mixture in center of square. Bring the four corners together and twist, making them look like a purse.
5. Put on a baking sheet pan and bake for 10-12 minutes or until golden brown.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 274 Total Fat: 17g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28g Fiber: 3g Total Sugar: 1g Protein: 4g Sodium: 428mg Vitamin A: 50µg Vitamin C: 12mg Calcium: 12mg Iron: 1mg Folate: 13µg



**THE HUMANE SOCIETY**  
OF THE UNITED STATES