



Sautéed Potatoes with Cumin

Potatoes are such simple and humble tuber vegetables, yet bring so much to the table. In this easy and delicious potato dish, I boil potatoes and then sauté them with cumin seeds. My daughter enjoys this potato dish, and I like to pack it in her lunch, along with a small baby fork that she uses to prick each potato cube and eat it. This dish can be eaten with the Baked Whole Wheat Flatbreads (page 54), or even pressed between two slices of toast for a unique and tasty sandwich. Potatoes should be firm and without wrinkles or sprouts. You can store them in a cool pantry or your refrigerator for about one week. Potatoes are rich in Vitamin B6, which helps maintain healthy brain and nerve function, and is needed for cellular renewal, a healthy nervous system, and a balanced mood.

Serves 3 to 4

Prep time: 35 minutes to boil the potatoes (can be done 1 day in advance)

Cook time: 5 minutes

Refrigerator Life: 3 days

Freezer Life: 1 month

Reheating Method: Place the refrigerated or defrosted potatoes in a microwave and stir periodically. Or, place it in a skillet over medium-low heat and stir periodically.

**2 medium russet potatoes (total 1 lb/500 g),
boiled (see page 22)**

4 tablespoons vegetable oil

1 teaspoon cumin seeds

¼ teaspoon ground turmeric

¼ teaspoon ground red pepper (cayenne)

½ heaping teaspoon salt

½ teaspoon ground black pepper

Juice of ½ lime

- 1 Peel the boiled potatoes and cut into ¾-inch (2 cm) cubes.
- 2 Pour the oil into a medium saucepan and place over medium heat. When the oil is heated, add the cumin seeds and let brown, about 10 seconds. Do not let the cumin seeds burn and turn black. Immediately add the cubed potatoes, turmeric, red pepper, salt, and black pepper. Stir to combine.
- 3 Reduce the heat to medium-low. Cook for 5 minutes, stirring frequently. If any potatoes or spices start sticking to the bottom of the pan, scrape it and stir it in as this improves the flavor. The potato cubes may get a bit mushy and lose their shape, which is okay. Turn off the heat.
- 4 Add the lime juice. Stir to combine. Enjoy now or let cool to room temperature and refrigerate or freeze for later!