

Sweet Potato Superpower Samosas + Indian Mint Chutney + Mint Lemonade



sweet potato superpower samosas

cook+cool

Scrub and then cook **1 large sweet potato**, either by boiling, baking, or microwaving. Set aside to cool.

- *To boil*, chop potatoes into large chunks. Fill a saucepan with enough water to cover the potatoes, bring to a boil and add the potatoes. Cover and cook for 10-12 minutes or until just tender when pierced with a knife.
- *To bake*, preheat oven to 400 degrees. Bake potato for 45 minutes or more. When done, the outside of the potato will have darkened and the inside will be soft.
- *To microwave*, prick the potato all over with a fork and microwave on high for 8-10 minutes or until tender, turning the potato once.

measure+mix+rest

Time to make the samosa dough! *(You can also buy pre-made pie crust or puff pastry, but the dough is really fun and easy to make! If using pre-made pie crust or puff pastry, use 15-oz.)* In a bowl, have kids measure **1 C all purpose flour**, **½ tsp salt**, and **1 T oil** and mix together nicely with fingertips. Then add **water** a little at a time until the dough becomes stiff. Cover the dough with a damp cloth (to prevent it from drying) and let it rest for 5-20 minutes. In the meantime, prepare the samosa filling.

::continued::



Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

chop+squeeze

Have kids chop up the cooked sweet potato and **1 green onion stalk** into small bits. Squeeze the juice out of **¼ of a lemon** over the top of the chopped sweet potatoes.

sauté+add+stir

Sauté the chopped green onion in a skillet on your stovetop with **1 T olive oil**, stirring occasionally, until soft and golden brown, about 2-3 minutes. Add **1 tsp mild curry powder, 1 tsp salt, and a pinch of black pepper** and cook, stirring, until fragrant, about 1 minute. Then stir in the chopped sweet potatoes and turn off the skillet. Mix well and cool.

roll+cut+fill+pinch

Roll out the dough until it is very flat and have kids cut out triangles. Place a heaping tablespoon of the potato mixture into the center of each triangle of dough. Have kids gather the corners of the dough and pinch to form a point. Pinch all of the seams to seal.

heat+fry

Heat some **oil** in a non-stick skillet over medium-high heat on your stovetop. Add the samosas and fry on each side for about 2-3 minutes until golden brown. Serve warm and dip into the mint chutney!



mint chutney

combine+blend

Combine **1 stalk of green onion, ¾ tsp salt, 1 tsp sugar/honey/agave nectar, and the juice of ½ a lemon** into a food processor, blender, or bowl (for use with an immersion blender). Blend until consistency has reached that of a coarse paste. Then add **½ C mint leaves** and puree to a fine paste. Taste and add more salt and sugar if needed.



mint lemonade

scoop+combine

Have kids cut **2 lemons** in half, take out the seeds, and then scoop the fruit pulp into your blender or a pitcher for use with an immersion blender. Add **¼ C of lemon rinds**, along with **½-1 C of sugar/honey/agave nectar** and **2 C water**. Blend everything until smooth and then stir in an additional **1 cup water, 2 C ice**, and **3-4 torn mint leaves**. Mix and enjoy!

:: continued ::



Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

shopping list

Sweet Potato Samosas

Samosa Filling Ingredients

- 1 T olive oil + more for cooking
- 1 tsp mild curry powder
- 1 tsp salt
- pinch of black pepper
- 1 C sweet potato (about 1 large potato)
- 1 stalk green onion
- ¼ lemon

Samosa Dough Ingredients

- 1 C all-purpose flour
- 1 T oil
- ½ tsp salt

Mint Chutney

- ½ C fresh mint leaves
- 1 stalk green onion
- ½ lemon (juice only)
- 1 tsp sugar/honey/agave nectar
- ¾ tsp salt

Mint Lemonade

- 2 lemons
- ½-1 C sugar/honey/agave nectar
- 3-4 torn mint leaves
- 2 C ice

:: continued ::



Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

What are samosas?

Where did samosas come from? The history of food is also the history of travel. In the case of Indian samosas, the origins of this spicy triangle can be traced back to the ancient trade routes of Central Asia. The samosa probably travelled to India along ancient trade routes from Central Asia. Small, crisp, mince-filled triangles that were easy to make around the campfire during night halts, then conveniently packed into saddlebags as snacks for the next day's journey.

The name samosa appears to have its roots in the Persian language, where in Arab cookbooks of the 10th century they were called *sanbusak*. The Persian name for pyramids was *samsa*. It was centuries later that Muslim traders took their pastry pyramids with them to India.

The current day samosas are small, crispy, flaky pastries that are usually deep-fried. They are stuffed with an assortment of fillings ranging from minced meat with herbs and spices to vegetables, such as cauliflower and potatoes.

The Surprise Ingredient of the Week is: Sweet Potatoes!

- ★ **Sweet potatoes, also known as yams, are a versatile vegetable used for both sweet and savory dishes** throughout the world.
- ★ **Only distantly related to the potato, sweet potatoes belong to the morning glory family**, rather than the nightshade family. Unlike regular potatoes, sweet potatoes taper at their ends, coming to a point.
- ★ **The skin of sweet potatoes is smooth and can be white, red, golden, or purple.** The flesh inside of sweet potatoes can be white, yellow, or deep orange.
- ★ **The taste and nutritional value of the sweet potato varies depending on the color of the flesh.** Orange-fleshed varieties are rich in beta carotene and vitamin C and tend to be sweeter because they have more sugar. White-fleshed varieties have a higher content of starchy carbohydrate.
- ★ **Sweet potatoes were grown in Peru as early as 750 B.C.** African slaves in the U.S. South called the sweet potato "nyami" because it reminded them of the starchy, edible tuber of that name that grew in Africa. The Senegalese word "nyami" was eventually shortened to the word "yam".
- ★ **Store sweet potatoes in a cool, dark place.** Do not store in the refrigerator.

Time for a laugh!

What did Mr. Chutney say to Ms. Samosa? We were mint for each other!

What did the sweet potato say to the potato? What yam I?

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking