

SPICY ROASTED POTATO SALAD

Cubes of russet potatoes are tossed in aromatic spices, roasted until they're golden brown, and then tossed in low-fat yogurt with cucumbers and cilantro to make this Indian-inspired potato salad that's low in fat but high in flavor.

Ingredients	Amounts
Vegetable oil	½ cup
Cumin seed	4 teaspoons
Black mustard seed	4 teaspoons
Ground ginger	2 teaspoons
Red chili flakes	2 teaspoons
Turmeric	2 teaspoons
Russet potatoes, unpeeled, cut into ¾-inch cubes	6 pounds
Salt	1 teaspoons
Cucumber, peel partly removed in strips, seeded and sliced ¼-inch thick	4 cups
Low-fat yogurt	2 cups
Chopped cilantro	½ cup
Seeded, finely chopped serrano chilies	2 tablespoons

Method

1. In large sauté pan, heat oil. Add cumin seed, mustard seed, ginger, chili flakes and turmeric; sizzle about 30 seconds or until fragrant. Add potatoes and salt; toss to coat potatoes with spices.
2. Transfer potatoes to sheet pan; roast in 400°F oven about 30 minutes or until potatoes are golden and tender, stirring occasionally to brown potatoes evenly. In large bowl, combine potatoes with remaining ingredients.

Yield: 24 servings