

BAKED VEGETABLE SAMBOOSAS

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SERVES 12

INGREDIENTS

Eggplant

- ½ cup green pepper, chopped
- 2 cups carrots, finely diced
- 2 cloves garlic, crushed
- 2 onions, finely chopped
- 1 cup green peas (canned or frozen)
- 1 tbsp. canola oil
- 1 tbsp. coriander, finely chopped
- 1 tsp. ginger, crushed
- 2 tsp. cumin powder
- Black pepper to taste
- 1 cup water
- Oil-free dough or fat-free pastry sheets made with whole-wheat flour.

PREPARATION

1. Heat the oil in a nonstick pan, add the onion, garlic, and the spices and stir until soft.
2. Add the vegetables and stir well.
3. Add 1 cup of water, cover, and simmer for 30 minutes, until well cooked.
4. Use oil free dough, or pastry sheets, or prepare the dough by using (one cup whole-wheat flour or all-purpose flour, water, two tablespoons canola oil, yeast, warm water), mix them and let them set aside at room temperature for 30 minutes.
5. Fill each pastry sheet with the vegetable mixture, and press the two edges together, or fold the sheets in triangle shapes.
6. Put the samboosas on a lightly greased baking tray, using little canola oil, or use a brush to spread the oil on the tray.
7. Heat the oven at 350 °F, for 15 minutes, and bake for 20 minutes until the samboosas become a golden color.
8. Serve hot or cool it on a wire tray after removing from the oven.
9. Serve with salad, low fat or nonfat yogurt or laban to make it more balanced and nutritious.

