**JYOTI CLASSIC MASALA SAUCE MIX RECIPES**

All recipes here will be mild and light in salt and fat. Please adjust salt, hot peppers, garlic etc. to your liking. Garnish with chopped cilantro.

**Zucchini with Tomato etc:** Cut 2 medium zucchini into ¼ inch slices, and one tomato into 8 wedges. Stir fry the zucchini with 2 tbsp butter or oil for 3 min, add the tomato and 1 can ofJYOTI Classic Masala Curry Sauce, partially cover and cook 10 min stirring occasionally. For variation, add one small onion cut into thick slices, or add one diced, red or green bell pepper to the zucchini. Substitute any other squash for zucchini.

**Potato Curry (Dum Aloo) & Variations:** Boil, peel and chunk 1/2 lb potatoes. Lightly stir fry the potatoes with garlic and hot peppers in 2 tbsp oil for 3 min, add 1 can of JYOTI Classic Masala Curry Sauce, and simmer on low heat for 15 min or microwave. For variation, a wide variety of vegetables (JYOTI Baby Dark Chickpeas or Channa, green peas, lima beans, carrots etc.) can be substituted for all or part of the potatoes. Adjust cooking time for the vegetables used.

**Chicken Mogulai:** Lightly brown 1 lb skinned chicken chunks in butter with chopped onions, hot pepper & garlic to your taste. Add 1 can JYOTI Classic Masala Sauce, cover & bake at 300o or simmer 45 min. For variation, add diced potatoes or sliced mushrooms after browning chicken.

**Keema-Matar:** Brown 1 lb ground meat with chopped onion, garlic and hot peppers to your liking, drain excess fat, add 1 cup frozen green peas & 1 can JYOTI Classic Masala Sauce. Cook on low heat 15 min. to blend flavors. For variation, add chopped spinach or lima beans instead of peas.

**Broiled Fish:** Marinade 1 lb. of fresh fish fillet (salmon, swordfish, mako shark etc) with JYOTI Classic Masala Sauce. Transfer to an oiled baking dish, pour on some melted butter and sprinkle a little sugar (for browning), broil 5 min or till done.