

From the kitchen of Padmaja Medidi

Padmaja Medidi is a registered nurse working in Tampa, Florida. She is married to Dr. Subhakar Medidi, and they have a daughter and a son, both of whom are physicians. She enjoys cooking on 3ABN, where she can share delicious, healthy Indian recipes.

PHOTOS: JOE JOHNSON

Although I've lived most of my adult life in the United States, I was born in India where I learned my culture's traditions and recipes. God has blessed me with two great gifts: a passion for cooking delicious and healthy Indian cuisine, and singing Christian Indian music. I enjoy cooking for my family and my friends who clamor for Indian food.

This mouthwatering curry with fresh spinach and tofu is infused with the delicious taste of coconut milk! It's a simple dish featuring the exotic tastes of Indian spices, but the ingredients are healthy—and easily found in this country. If you have questions, please e-mail me at padmamedidi@gmail.com, or call 813-325-5783.

My greatest desire is to share Christ in any way I can, and I'm so grateful for those who have encouraged me to share my recipes and Christian music. 🙏

Want a touch of inspiring Christian Indian music while you're cooking?

Check out Padmaja's website: sweetsoothingmusic.com where you'll find her debut album, *Petals of Love*, and a treasury of free downloadable inspirational songs and videos set against the breathtaking scenic views of India.

Spinach & Tofu Curry

INGREDIENTS

- 2 (10 ounce) packages** fresh spinach, chopped
- 1 package** water-packed firm tofu, cut into 1½-inch cubes
- 1½ cups** onions, chopped
- 2 green chilies**, chopped
- 1 to 2 tomatoes**, chopped
- ¼ tsp** turmeric
- ½ tsp** ginger garlic paste
- 1 tsp** curry powder (I prefer Madras brand)
- ½ can** coconut milk
- 2 to 3 Tbsp** oil

- 1** Heat oil in a skillet. Add chopped onions, green chilies, and curry leaves (optional). Cook on medium high till lightly browned, then add ginger garlic paste, turmeric, and curry powder. Stir for one minute, then add chopped spinach and cover for 2 to 3 minutes.
- 2** Add chopped tomatoes and salt to taste, then cook for additional 2 to 3 minutes. Make sure tomatoes are soft, then mash them with spinach to a paste-like consistency.
- 3.** Add tofu cubes and coconut milk, salt to taste, and cook on low heat for 3 to 5 minutes.
- 4.** Serve with rice or Indian roti (bread).

OPTIONAL

- 5 to 6 leaves** fresh curry (available at Indian markets)

