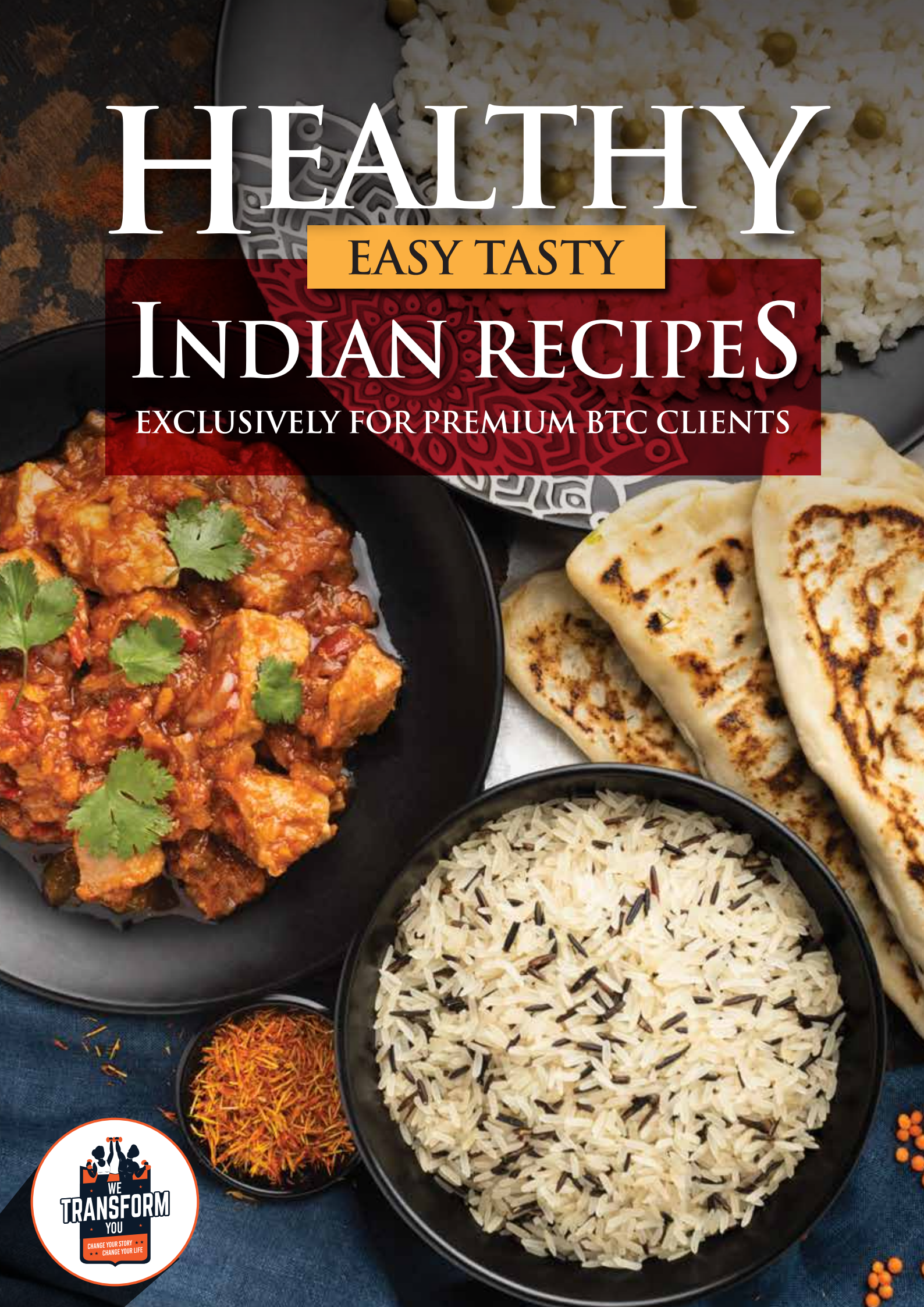


HEALTHY

EASY TASTY

INDIAN RECIPES

EXCLUSIVELY FOR PREMIUM BTC CLIENTS



NUTRITIONAL CLEANSING PLAN



7:00AM
Morning Shake



10:00AM
Healthy Snack



1:00PM
Lunch



5:00PM - 6:00PM
Snack/Dinner



9:00PM
Night Shake

HEALTHY LIFESTYLE CHANGES

Have _____ Liters of **Water**

Exercise 6 days a week

Have **Dinner before Sunset**

Have 2 servings of **Fruits and Vegetables** everyday

Include **Protein in every meal**

7-8 hours of Sleep is recommended for good health

Small Portion Meal

1 Multigrain chapati / bhakri or 1 bowl of brown rice, 1 bowl of vegetable, 1 bowl of dal/pulses/meat & some yoghurt.

Small Portion Snack

Small Portion Snack- Dry fruits, Fruits, salads, soups, digestive biscuits, brown bread sandwich, cereal, oatmeal, small bowl of home cooked snack or any other Protein based healthy snack.

HOW TO USE THE PRODUCTS

HOW TO PREPARE SHAKE & AFRESH



Simply Blend following in 250ml Cold or Room Temperature Water

3 Scoops of Shake & 1 Scoop of Protein Powder

Add 1-2 Scoops of Shakemate

(If you have purchased it from your Coach)

If you don't have Shakemate, use 125ml of water & 125ml of Soy, Almond or A2 Milk

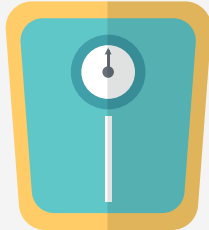


Mix 1gm of Afresh with 180ml Hot or Cold water for a refreshing drink.



Tablets should be taken with 1 glass of water with Meals

CUSTOMISED MEAL PLAN



You already know how easy it is to customize flavors with Formula 1, but did you also know that Formula 1 can help you meet a wide variety of goals? Use Formula 1 every day for:

Weight Loss



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



6:00PM
Dinner



9:00PM
Shake

Everyday Nutrition



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



6:00PM
Dinner



9:00PM
Soup

Weight Gain



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



4:00PM
Shake



6:00PM
Dinner



9:00PM
Shake

GUIDELINES FOR LONG-TERM WELLNESS

1

Never Starve Starving makes your Body believe that you are going through Famine & it goes into **Famine Response** by Storing more Fat for the hypothetical Famine your Body believes you are going through due to long gaps between your meals

2

20kg of Weight requires 1 litres of Water Have water according to your weight. Always keep 1 litre water bottle with you so you'll understand how much water u consume in a day (label your name on the bottle & request people around you to not have water from your bottle). You can have maximum of 4 litres of water everyday

3

Have **Portion Controlled Meal** The food served on your plate should be the **Size of your Palm**

4

When you are travelling, don't skip your 5 meal plan If you are going to be out all day, you can carry Shake powder with you intShaker cup. Add water/milk/ juice to it when you want to have the shake. Also, Carry **Herbalife Protein Bites** Dry fruits, Fruits or Home cooked meals.

5

Order sensibly when you're eating out. You can order idli, dosa, dry starters or veggies without gravies, wheat roti, dal khichdi, club sandwich with whole grain bread or any other healthy options.

6

Morning is the Best time to Workout. Our muscles go through lot of wear & tear during workout. They increase in weight & size after we feed the right nutrients post Workout. The earlier we finish the workout, the more you can repair your muscles & the more you build your muscles, the more fat you burn. If at all you cannot workout in the morning, finish your Workout before Sunset. Our body winds down naturally post sunset for good Sleep. Working out late evening is going against the Nature

7

Include **Rainbow coloured Fruits & Vegetables** in all your 5 meals to get Optimum Phytonutrients & Antioxidants

8

Get 7 Hours of Sleep Daily Best time to Sleep is between 10:00pm to 5:00am. This is the time when all your organs repair themselves. Avoid using any electronic gadgets like mobile, laptop, T.V. etc 9:00pm onwards to get Restful Sleep. The best way to wind up your day is to Spend time with Family, listen to soft music, Read books & Express your Gratitude before Sleeping

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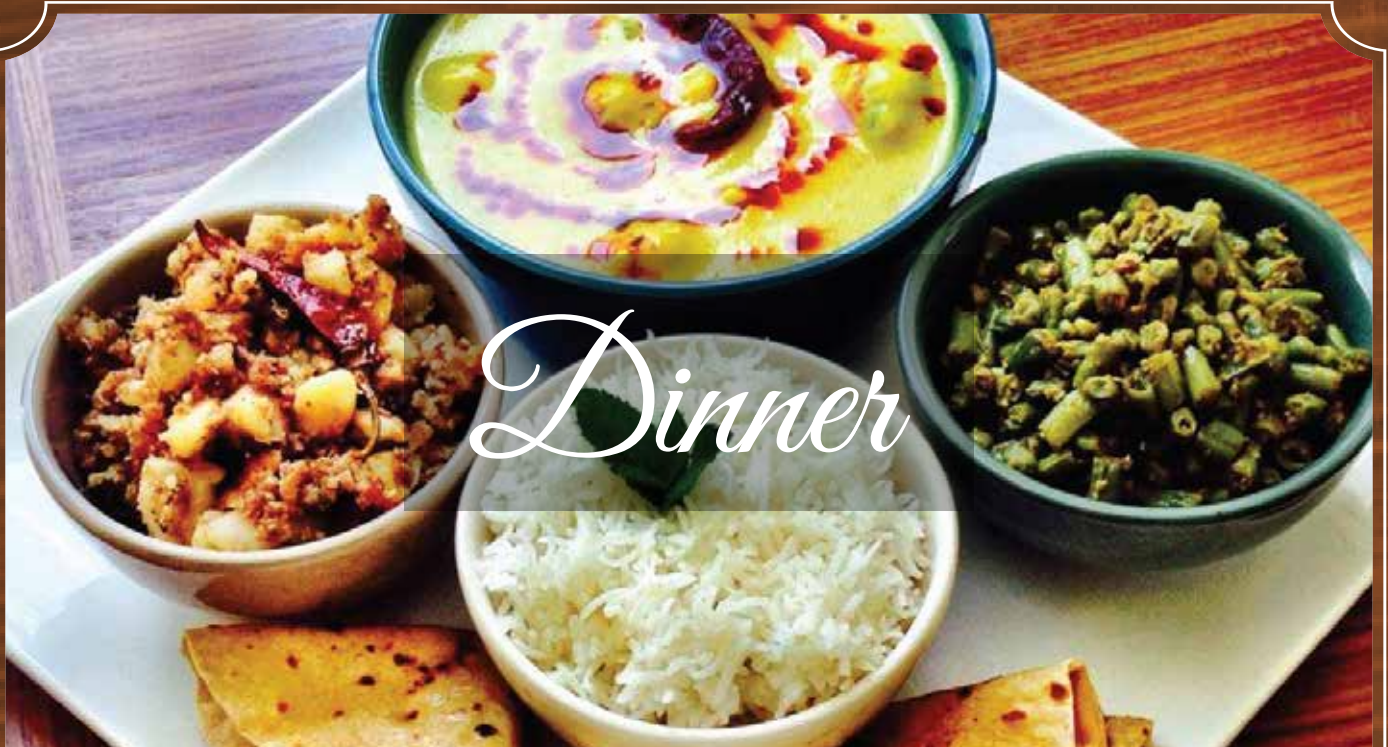
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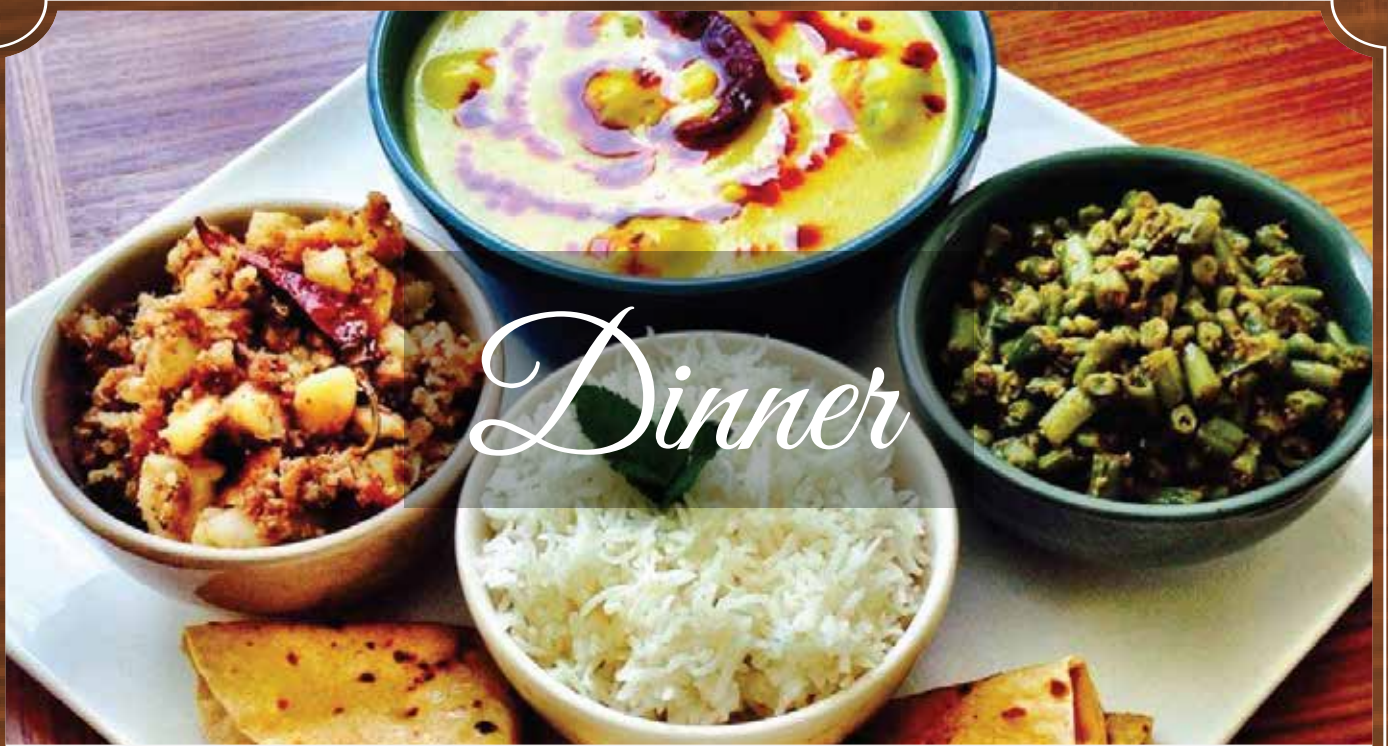
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Snack

HERBALIFE PROTEIN BITE



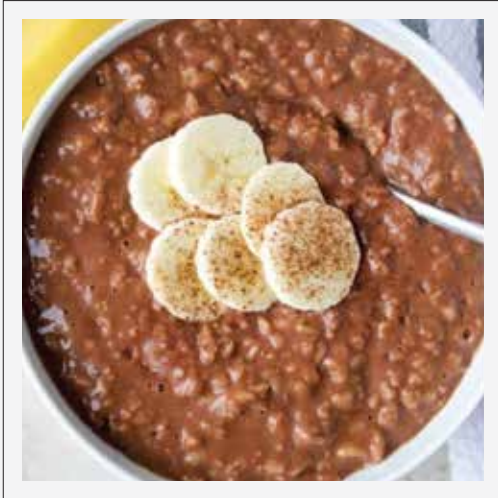
HERBALIFE PROTEIN BITES

+

ANY SEASONAL FRUIT



H24 OATMEAL



INGREDIENTS

- 100ml Milk (Soft Sugar Free)
- 50ml water
- 3 spoons of Oats
- 1 sachet of Herbalife H24 Chocolate
- Some crushed dry fruits

METHOD

1. Mix Milk and Water in a utensil along with Oats.
2. Keep stirring the mixture on a medium flame to boil.
3. The mixture gets thicker check the consistency.
4. Switch off the gas.
5. **Add H24 One Sachet to Oat Meal once it reaches lukewarm temperature. Mix it well. And it's Ready to Eat**

HERBALIFE RAAGI / NACHNI PORRIDGE



INGREDIENTS

- 100ml Milk
- 100ml Water
- 2 Spoons of Raagi/Nachni flour (Roasted)
- 2 spoons of Herbalife F1 Chocolate
- Some Crushed Dry Fruits

METHOD

1. Mix Milk and Water in a utensil along with Raagi flour.
2. Keep stirring the mixture on a medium flame to boil.
3. The mixture gets thicker check the consistency.
4. Switch off the gas.
5. Add Chocolate Formula 1 once the Porridge reaches lukewarm temperature. Mix it well. And it's Ready to Eat

DINO SHAKE / H24 LADOOS



INGREDIENTS

- Dinoshake Chocolate Flavour
- 100 gram almonds
- 100 gram cashews
- 100 gram Pista
- Soft Khajoor (preferably black ones)
- Crunchy Peanuts Butter

METHOD

Add in a bowl -

1. 2 scoops Chocolate Dinoshake
2. Fine Grind All Nuts with khajur
3. 2 scoops Crunchy peanut butter
4. Mix well until it becomes pasty.
5. Make round balls for a yummy Evening or Morning snack for your family.

HERBALIFE PLAIN CHAAS



INGREDIENTS

- 2 tsp fresh curd (dahi), whisked
- 1 tsp cumin seeds (jeera) powder
- 1/2 tsp ginger-green chilli paste
- 1/2 tsp black salt (sanchal)
- salt to taste
- 1 tsp oil
- Herbalife Protein powder 2 scoops
- Active Fiber complex 1 scoop
- 1/4 tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)

For The Chaas Garnish

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. To make the chaas, combine the curds with Herbalife Protein powder and Active Fiber Complex, cumin seeds powder, ginger-green chilli paste, black salt and salt in a deep bowl and mix well.
2. Add 4 cups of chilled water and whisk well. Keep aside.
3. For the tempering, heat the oil in a small pan and add the cumin seeds.
4. When the seeds crackle, add the asafoetide and pour the tempering over the buttermilk.
5. Serve the chaas chilled garnished with coriander.

Nutrient Values (Abbrev) Per glass

Energy	128 cal
Protein	4.3 g
Carbohydrates	5 g
Fiber	0 g
Fat	7.8 g
Cholesterol	16 mg
Sodium	19 mg

HERBALIFE MOONG DAL DOSA

Soaking Time: 3 hours. Preparation Time: 5 mins Fermenting time: 10 hours Cooking Time: 45 mins
Total Time: 13 hours 50 minutes Makes 15 dosas



INGREDIENTS

- 1 cup green moong dal (split green gram)
- 1 cup par-boiled rice (ukda chawal)
- Salt to taste
- Oil for cooking
- 1 scoop Herbalife Personalized Protein Powder

For Serving

- Sambhar
- Coconut chutney

METHOD

1. Wash and soak the moong dal and par-boiled rice in enough water in a deep bowl for at least 3 hours. Drain.
2. Combine the moong dal and par-boiled rice in a mixer and blend till smooth using approx. 1¼ cups of water.
3. Transfer the mixture into a deep bowl, cover it with a lid and allow it to ferment in a warm place for at least 8 to 10 hours.
4. Add the salt and approx. ¼ cup of water and add Herbalife Personalized Protein Powder and mix well.
5. Heat a non-stick tava (griddle) and sprinkle a little water on the tava (griddle) and wipe it off gently using a muslin cloth.
6. Pour a ladleful of the batter on it and spread it in a circular motion to make a 200 mm. (8") diameter circle.
7. Smear a little oil over it and along the edges and cook on a medium flame till the dosa turns golden brown in colour and crisp.
8. Fold over to make a semi-circle or roll.
9. Repeat with the remaining batter to make 14 more dosas.
10. Serve immediately with and sambhar and coconut chutney.

Nutrient Values (Abbrv) Per Dosa

Energy	137 cal
Protein	4.3 g
Carbohydrates	18.1 g
Fiber	1.2 g
Fat	5.2 g
Cholesterol	0 mg
Sodium	4.3 mg

HERBALIFE NUTRITIOUS CHILA

Preparation Time : 5 mins • Cooking Time : 10 mins • Total Time : 15 mins • Makes 4 chilas



INGREDIENTS

- 1/4 cup jowar (white millet) flour
- 1/4 cup whole wheat flour (gehun ka atta)
- 1/4 cup maize flour (makai ka atta)
- 1/4 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 2 tbsp finely chopped coriander (dhania)
- 2 tsp finely chopped green chillies
- Salt to taste
- 1 1/4 tsp oil for greasing and cooking
- 1 scoop Herbalife Personalized Protein Powder

METHOD

1. Combine all the ingredients with Herbalife Personalized Protein Powder in bowl and mix well to make a batter of pouring consistency using enough water
2. Heat a non-stick tava (griddle) and grease it lightly using ¼ tsp of oil
3. Pour a ladleful of the batter on the non-stick tava (griddle) and spread it in a circular motion to make a 125 mm. (5") diameter circle
4. Cook, using ¼ tsp of oil, till it turns golden brown in colour from both the sides
5. Repeat steps 3 and 4 to make 3 more chilas
6. Serve hot with coriander green garlic chutney

FOR SERVING

Coriander green garlic chutney

Nutrient Values (Abbrv) Per Serving

Energy	92 cal
Protein	2.3 g
Carbohydrates	16.5 g
Fiber	2.4 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	6.1 mg

HERBALIFE MOONG AND PALAK SOUP

Soaking Time : 10 mins • Preparation Time : 10 mins • Cooking Time : 14 mins • Total Time : 34 mins • Makes 2 servings



INGREDIENTS

- 4 tbsp yellow moong dal (split yellow gram) , soaked for 10 minutes and drained
- 1/2 cup finely chopped spinach (palak)
- Salt add to taste
- 1 scoop Herbalife Personalized Protein Powder
- 1 scoop Active Fiber Complex

METHOD

1. Add 1 scoop of Herbalife Active Fiber Complex and 1 scoop of Herbalife Personalized Protein Powder with water in a bowl, mix well and keep aside.
2. Combine the yellow moong dal and 2 cups of hot water in a pressure cooker, mix well and pressure cook for 2 whistles.
3. Allow the steam to escape before opening the lid.
4. Mix the dal very well with help of a whisk.
5. Add the spinach, Active Fiber Complex and Protein Powder mixture, salt and pepper powder, mix well and cook on a medium flame for 3 to 4 minutes, while stirring continuously.
6. Serve hot.

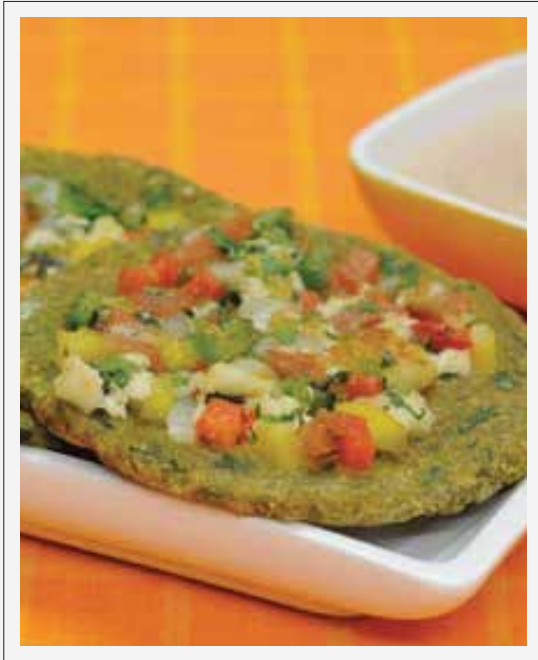
Nutrient Values (Abbrv) Per Serving

Energy	120 cal
Protein	8.3 g
Carbohydrates	20.4 g
Fiber	3 g
Fat	0.6 g
Cholesterol	0 mg
Sodium	30.3 mg



HERBALIFE JOWAR MINI THEPLAS

Preparation Time : 15 mins • Cooking Time : 20 mins • Total Time : 35 mins • Makes 10 mini theplas



INGREDIENTS

For The Topping

- 1 tsp oil
- 1/4 cup finely chopped onions
- 3/4 cup finely chopped coloured capsicum (red , green and yellow)
- 1/4 cup crumbled low-fat paneer
- 2 tbsp finely chopped coriander (dhania)
- Salt to taste

Other Ingredients

- 1 cup quick cooking rolled oats flour
- 1/4 cup ragi flour
- 1/4 cup soya flour
- 1/4 cup jowar (white millet) flour
- 1 cup finely chopped spinach (palak)
- 1 tbsp sesame seeds (til)
- Salt to taste
- 1/2 tsp turmeric powder (haldi)
- 1 tbsp ginger-green chilli paste
- 2 tsp garlic (lehsun) paste
- a pinch of sugar
- a few drops lemon juice
- 1/2 tsp oil
- jowar (white millet) flour for rolling
- 2 tsp oil for cooking
- 1 scoop Herbalife Personalized Protein Powder

METHOD

For the topping

1. Heat the oil in a non-stick pan, add the onions and sauté on a medium flame for 2 minutes, or till the onions turn translucent.
2. Add the capsicum and sauté on a medium flame for another 2 to 3 minutes.
3. Add the paneer, coriander and salt, mix well and cook for another 1 to 2 minutes, while stirring continuously.
4. Remove from the flame and allow it to cool completely.
5. Divide the stuffing into 10 equal portions and keep aside.

How to proceed

1. Combine all the ingredients in a bowl and knead into a soft dough using enough water.
2. Divide the dough into 10 equal portions and roll out a portion into a 100 mm. (4") diameter thick circle, using a little jowar flour for rolling.
3. Heat a non-stick tava (griddle) and cook it, using a little oil, till it turns golden brown in colour from both the sides.
4. Repeat with the remaining portions to make 9 more mini theplas.
5. Spread a portion of the topping evenly over each mini thepla and serve immediately.

Handy tip:

1. To make 1 cup of oats flour, blend 1 1/2 cups of quick rolled oats in a mixer to a fine powder.

Nutrient Values (Abbrev) Per Serving

Energy	84 cal
Protein	3 g
Carbohydrates	11.3 g
Fiber	2.2 g
Fat	3.2 g
Cholesterol	0 mg
Sodium	7.6 mg



HERBALIFE OVERNIGHT OATS FIVE WAYS

Preparation Time : 5 mins • Serves 1



INGREDIENTS

Base Recipe

- 3 tsp of old fashioned rolled oats
- 1/2 cup unsweetened almond milk, plus more to thin if desired
- 1/4 cup plain fat-free greek yogurt
- 1 fair pinch fine sea salt or table salt
- 1 - 3 tsp honey or maple syrup, to taste
- 2 scoop of any Herbalife Formula 1 Flavour

Pumpkin

- 1/3 cup pumpkin
- 1/4 tsp cinnamon
- 1 pinch each nutmeg and cloves
- 1/8 tsp vanilla extract
- 1 Tbsp dried cranberries, for topping
- 1 Tbsp raw unsalted pumpkin seeds, for topping

Chocolate

- 2 - 3 tsp cocoa powder, to taste
- 1 Tbsp creamy peanut butter (optional)
- 1/2 well ripened banana, mashed
- 1/4 tsp vanilla extract
- 1/2 Tbsp mini chocolate chips for topping (optional)
- 1 Tbsp shredded toasted coconut, for topping (optional)

Berry Chia Seed

- 1/2 cup fresh berries such as strawberries, blueberries or raspberries (chop strawberries)
- 1/4 tsp vanilla extract
- 1 1/2 tsp chia seeds

Banana Almond Flax

- 1 small ripe banana, mashed
- 1 Tbsp creamy almond butter
- 1 Tbsp ground flax seeds
- 3 drops almond extract
(pour it in the lid first so you don't add too much)

Apple Autumn Spice

- 1/2 cup chopped crisp, sweet apples
- 1/4 tsp ground cinnamon
- 1 pinch ground nutmeg
- 1 Tbsp chopped pecans, for topping

METHOD

1. Optional: berries/fruits for flavor
2. 1/2 banana, slices
3. 1 TBSP chia seeds
4. Optional: Sweetener (Protein powder, yogurt, maple syrup etc)
5. 1/2 cup oats
6. Add 1/2 cup unsweetened almond milk (or milk of choice)
7. Cover tightly with a lid
8. Shake until thoroughly combined
9. Refrigerate overnight
10. Add any desired toppings (nut butters, nuts, seeds, fresh fruits all the noms) and enjoy

INSTRUCTIONS

Add oats, Herbalife Formula 1, almond milk, yogurt, salt and honey or maple syrup to a 16 oz. jar or bowl. Add mix-ins listed for desired flavor (don't add toppings until the next day). Stir then cover and refrigerate overnight. Thin with more almond milk if desired, add toppings if listed.

RECIPE NOTES

Nutrition facts include oats, almonds milk, yogurt, salt and 2 tsp honey. Other mix-ins are not included.

Nutrient Values (Abbrv) Per Serve

Calories	243
Calories from Fat	36
% Daily Value*	
Total Fat 4g	6%
Cholesterol 2mg	1%
Sodium 416mg	17%
Potassium 217mg	6%
Total Carbohydrates 41g	14%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 11g	22%
Calcium	22.6%
Iron	9.6%

* Percent Daily Values are based on a 2000 calorie diet.



Lunch



RAJMA CHAWAL

Soaking Time : Overnight • Preparation Time : 10 mins • Cooking Time : 23 mins • Total Time : 8 hrs 33 mins • Makes 4 servings



INGREDIENTS

- 1/2 cup rajma (kidney beans), soaked overnight and drained
- 3 cups cooked rice (chawal) or leftover rice (chawal)
- 1 tbsp oil
- 1/2 tsp cumin seeds (jeera)
- 1/4 tsp asafoetida (hing)
- 1/2 cup sliced onions
- 1/2 tsp ginger-garlic (adrak-lehsun) paste
- 1/2 cup chopped tomatoes
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- salt to taste
- 1 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a pressure cooker and add the cumin seeds and asafoetida and sauté on a medium flame for a few seconds.
2. Add the onions and ginger-garlic paste and sauté on a medium flame for 2 to 3 minutes.
3. Add the tomatoes, turmeric powder, chilli powder, coriander-cumin seeds powder and salt, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
4. Add the rajma and 1 cup of water, mix well and pressure cook for 4 whistles.
5. Allow the steam to escape before opening the lid.
6. Add the cooked rice, mix gently and cook on a medium flame for 2 minutes, while stirring occasionally.
7. Add the coriander and mix well.

Nutrient Values (Abbrv) Per Serving

Energy	261 cal
Protein	7.1 g
Carbohydrates	42.3 g
Fiber	2.8 g
Fat	7 g
Cholesterol	0 mg
Sodium	6.3 mg

NUTRITIOUS THALIPEETH

Preparation Time : 10 mins • Cooking Time : 30 mins • Total Time : 40 mins • Makes 22 theplas



INGREDIENTS

- 3 tbsp bajra (black millet) flour
- 3 tbsp jowar (white millet) flour
- 3 tbsp whole wheat flour (gehun ka atta)
- 3 tbsp besan (bengal gram flour)
- 3/4 cup shredded cabbage
- 1/4 cup chopped onions
- 1/2 tsp finely chopped green chillies
- 1/2 tsp coriander-cumin seeds (dhania-jeera) powder
- 2 tbsp chopped coriander (dhania)
- Salt to taste
- 1 1/2 tsp oil for greasing and cooking

METHOD

1. Combine all the ingredients in a deep bowl and knead into a soft dough using enough water
2. Divide the dough into 6 equal portions and keep aside
3. Heat a non-stick tava (griddle) and grease it lightly using 7 tsp of oil
4. Wet your fingers, place a portion of the dough on a hot tava (griddle) and pat it with the help of fingers to make a 100 mm (4") diameter circle
5. Cook on both the sides, using 7 tsp of oil, till it turns golden brown in colour from both the sides
6. Repeat steps 3 to 5 to make 5 more thalipeeth
7. Serve immediately

Nutrient Values (Abbrv) Per Serving

Energy	88 cal
Protein	3.2 g
Carbohydrates	14.1 g
Fiber	2.9 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	9.7 mg

RAGI ROTI STUFFED WITH PANEER

15 mins Cooking Time: 15 mins Total Time: 30 mins Makes 6 stuffed rotis



INGREDIENTS

For The Ragi Roti

- 1 cup ragi (nachni / red millet) flour
- Salt to taste
- Ragi (nachni / red millet) flour for rolling
- Oil for cooking

For The Paneer Filling

- 1 1/2 cups paneer (cottage cheese) cubes
- 2 tsp oil
- 1/2 tsp tandoori masala
- 1/2 tsp chaat masala
- 1 tsp dried fenugreek leaves (kasuri methi)
- 2 tsp ragi (nachni / red millet) flour
- Salt to taste

For The Chatpatta Onions

- 2 tsp oil
- 1 cup sliced onions
- 1/2 tsp garam masala
- 1/2 tsp chaat masala
- To Be Mixed Into A Chutney
- 3 tbsp green chutney
- 1 tbsp garlic chutney

METHOD

For the paneer filling

1. Combine the paneer cubes, tandoori masala, chaat masala, dried fenugreek leaves, nachni flour and salt and toss well. Keep aside.
2. Heat the oil in a broad non-stick pan, add the marinated paneer mixture, mix gently and cook on a medium flame for 1 minute. Keep aside.

For the chatpatta onions

1. Heat the oil in a broad non-stick pan, add the onions, chaat masala, garam masala and little salt and sauté on a medium flame for 2 minutes. Keep aside.

For the ragi roti

1. Combine the nachni flour and salt in a deep bowl and knead into a soft dough using enough warm water.
2. Cover with a lid and keep aside for 5 minutes.
3. Knead again and add more water if needed to make a soft dough.
4. Divide the dough into 6 equal portions.
5. Place a portion of the dough on a rolling board and using your palms and fingers pat it to make 125 mm. (5") diameter circle using a little nachni flour for rolling.
6. Heat a non-stick tava (griddle) and cook each circle, on a medium flame, using a little oil, till it turns golden brown in colour from both the sides. Keep aside.

How to proceed

1. Place a nachni roti on a clean, dry surface, put little of the chutney evenly over it.
2. Place a few paneer filling evenly over one side of the roti.
3. Top it with little of the onion filling evenly over it.
4. Roll it up tightly cut into 2 equal pieces.
5. Repeat steps 1 to 4 to make 5 more wraps.
6. Serve immediately.

Nutrient Values (Abbrev) Per Stuffed Roti

Energy	223 cal
Protein	6.8 g
Carbohydrates	22 g
Fiber	3 g
Fat	12 g
Cholesterol	0 mg
Sodium	3.3 mg



LAAL MATH KA SAAG WITH JOWAR BHAKRI

Preparation Time: 15 mins Cooking Time: 20 mins Total Time: 35 mins Makes 4 servings



INGREDIENTS

For The Powder

- 1 1/2 tsp coriander (dhania) seeds
- 1 1/2 tsp cumin seeds (jeera)
- 2 tbsp chopped fresh coconut

Other Ingredients

- 1 1/2 tbsp oil
- 2 whole dry kashmiri red chillies , broken into pieces
- A pinch asafoetida (hing)
- 4 cups chopped red chawli (cow pea) leaves
- A pinch turmeric powder (haldi)
- Salt to taste
- 1/2 tsp mustard seeds (rai / sarson)
- 1 tsp urad dal (split black lentils)
- 8 to 10 curry leaves (kadi patta)

METHOD

For the powder

1. Combine the coriander seeds and cumin seeds on a tava (griddle) and dry roast on a slow flame for 30 seconds.
2. Add the coconut and roast for a minute, while stirring continuously. Keep aside to cool.
3. Blend in a mixer to a coarse powder and keep aside.

How to proceed

1. Heat 1 tbsp of oil in a broad pan, add the red chillies, asafoetida and garlic, mix well and sauté on a medium flame for 30 seconds.
2. Add the red amaranth leaves and turmeric powder, mix well and sauté on a medium flame for another 5 minutes.
3. Add 1 cup of water and cook on a medium flame till the water dries out, stirring once in between.
4. Mash lightly, using the back of a spoon and add the prepared powder. Mix well, cook over a slow flame for 5 minutes. Keep aside.
5. For the tempering, heat the remaining 1/2 tbsp of oil in a small pan and add the mustard seeds.
6. When they crackle, add the urad dal and the curry leaves and sauté for 30 seconds, while stirring continuously.
7. Pour this tempering over the bhaji and mix well. Serve hot.

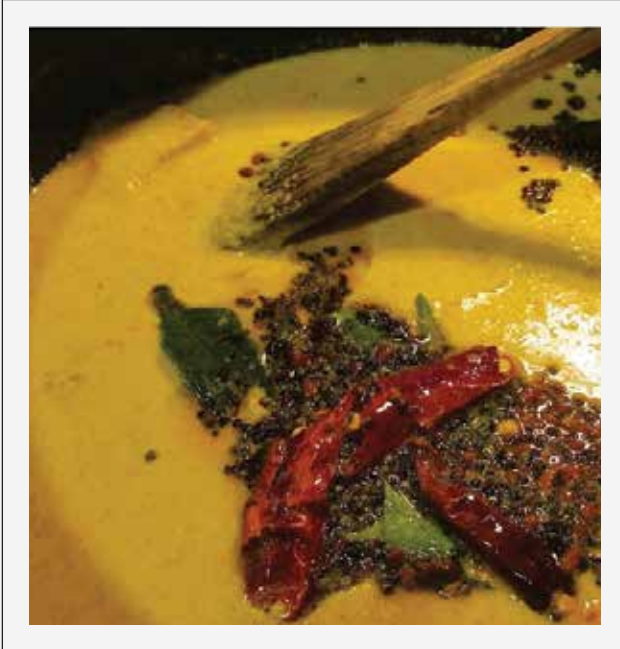


Nutrient Values (Abbrv) Per Serving

Energy	81 cal
Protein	1.5 g
Carbohydrates	2.8 g
Fiber	1.7 g
Fat	7.1 g
Cholesterol	0 mg
Sodium	65.5 mg

MORU KOOTAN (YOGHURT AND COCONUT CURRY)

Total Time: 20 mins Makes 4 servings



INGREDIENTS

- 1 inch plantain pumpkin green or white - cut into cubes , about 1 cup
- 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1/2 tsp salt
- 1 tamarind tiny piece (about a 1/4 inch ball) of
- 3/4 cup coconut grated (fresh or fresh frozen that has been thawed to room temperature)
- 1 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1 cup Dahi yoghurt plain or (thick)
- 1 tbs coconut oil
- 1 tsp mustard seeds
- 1 tsp methi seeds (fenugreek)
- 1 sprig curry leaves fresh
- 2 medium size dry red chillis, broken into halves

METHOD

1. Take the cut vegetable in a pot and add about 1 cup water. (You may need to adjust this quantity depending upon the vegetable you are using for the moru kootan. -For chembu(arabi) and green plantain, about 1 cup is needed, for white pumpkin, you will need less since it cooks faster).
2. Add the red chilli powder, the turmeric powder, the tamarind and the salt and cover the pot with a lid and cook on medium flame for about 5 minutes. Check after 5 minutes stirring the vegetables a little bit. If they have become slightly soft by now, take the lid off and cover for further 2-3 minutes till there is very little water left. Turn the stove off.
3. Next take the coconut in a blender (or food processor) and add the cumin seeds to it and the 1/4 tsp turmeric powder (note I have noted turmeric twice in the ingredients list for this reason as I am using it twice). Take 1 cup of warm water and blend the coconut and cumin mixture till it is nice and fine. (about 2-3 minutes on high for a regular blender).
4. Then add the 1 cup of yoghurt and again blend it once more for about 30 seconds.
5. Next pour the mixture into the pot with the cooked vegetable and stir. Now put the stove back on low to medium heat till you see a few (about 3-4 bubbles) coming up. This should take about a minute or so and immediately turn the heat off. (This is a very important step otherwise your yoghurt will curdle)
6. Finally, for the tadka, heat coconut oil in a tadka (small pan) pan. Add the mustard seeds and when they splutter, add the methi (fenugreek) seeds and heat for about a minute on low flame until the methi seeds change color to golden brown. Next add the curry leaves and the dry red chillies and put the heat off immediately. Pour this garnish oil into the pot with the sauce and stir.

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Nutrient Values (Abbrev) Per Serving

Energy	135 cal
Protein	3.7 g
Carbohydrates	5.2 g
Fiber	1 g
Fat	11.2 g
Cholesterol	12 mg
Sodium	14.6 mg

HEALTHY WHITE SAUCE PASTA

Preparation Time: 20 mins Cooking Time: 9 mins Total Time: 29 mins Makes 2 servings



INGREDIENTS

- Pasta of your choice (Spaghetti, penne, fusilli etc)
Boil in water with salt till tender, drain, Run through cold water drain again and keep seperately)
- 1 Red Capsicum
- 1 Yellow Capsicum
- 1 Green Capsicum
- 3-5 Mushroom chopped or sliced
- Broccoli
- 7-8 pods of garlic (finely chopped)
- 4 spoons of Herbalife Personalised protein powder
- 1tbsp wheat flour
- Milk/Soy milk/ Almond milk
- 1 tbsp butter/ ghee
- Oregano and Chilli flakes or herbs of your choice
- Grated Cheese (Optional)

METHOD

1. Add little oil in a pan, add chopped garlic, Saute well, Add all vegetables and saute well. Add salt and cover for some time. Donot cook for long as veggies needs to be crispy. Remove and keep it seperately.
2. In a bowl add 4 scoop of Personalised protein powder and 1 tbsp wheat flour, add little milk and mix to make it lump free.
3. Add little butter or oil in the pan, add little garlic, saute till brown, add the protein and flour paste and keep stirring so that no lumps are formed. Adjust the consistency with more milk and water and bring to boil while stirring. Add salt and cheese and mix well. Add oregano and Chilli flakes. Now add the Vegetables and boiled pasta, Mix well and garnish with Oregano and cheese and serve hot.



Nutrient Values (Abbrev) Per Serving

Energy	270 cal
Protein	12 g
Carbohydrates	40 g
Fat	6 g

PUNJABI CHOLE + BHAKRI OR ROTI

Makes 4 Servings



METHOD

1. Combine the kabuli chana, salt, tea bag and enough water in a pressure cooker and pressure cook for 3 whistles.
2. Allow the steam to escape before opening the lid. Discard the tea bag and drain the kabuli chana. Keep aside.
3. Heat the oil in a deep pan and add the cumin seeds.
4. When the seeds crackle, add the onions, ginger and garlic and saute on a medium flame for 1 to 2 minute or till the onions turn translucent.
5. Add the chole masala, chilli powder, dried mango powder, turmeric powder, coriander powder, cumin seeds powder, salt and 1 cup of water, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
6. Add the kabuli chana, mix well and cook on a medium flame for 5 to 7 minutes, while stirring occasionally. Mash the kabuli chana once lightly with a help of a masher.
7. Serve hot

INGREDIENTS

- 2 tbsp oil
- ½ tsp cumin seeds
- ½ cup finely chopped onions
- ½ tsp finely chopped ginger
- 2 tsp finely chopped garlic
- 1 cup kabuli chana, soaked overnight and drained
- 1 tea bag or tsp of tea powder tied in muslin cloth
- 2 tsp chole masala
- 1 tsp chilli powder
- 1 tsp dried mango powder
- ¼ tsp turmeric powder
- 2 tsp coriander powder
- 1 tsp cumin (jeera powder)
- Salt to taste.

Nutrient Values (Abbrev) Per Serving

Energy	223 cal
Protein	7.2g
Carbohydrates	26.8g
Fiber	11.7g
Fat	9.7g
Sodium	10.5mg

TARKARI KHICHDI

Preparation Time : 15 mins • Preparation Time : 10 mins • Cooking Time : 17 mins • Total Time : 42 minss • Makes 2 servings



INGREDIENTS

- 1/2 cup brown rice
- 1/4 cup yellow moong dal (split yellow gram)
- 1/4 cup sliced cauliflower
- 1/4 cup peeled and sliced potatoes
- 1/4 cup sliced brinjals (baingan / eggplant)
- 1/4 cup sliced onions
- 1/2 tsp cumin seeds (jeera)
- 1/2 tsp turmeric powder (haldi)
- 1 tsp chilli powder
- 1 tbsp green paste
- 1/2 tsp garam masala
- Salt to taste

METHOD

1. Wash and soak the rice and moong dal in enough water for 15 minutes. Drain and keep aside.
2. Heat the pressure cooker and when hot, add the cumin seeds and dry roast on a medium flame for a few seconds.
3. Add cauliflower, potatoes, brinjals, onions, turmeric powder, chilli powder, green paste, garam masala and salt. Mix well and dry roast on a medium flame for 1 to 2 minutes.
4. Add the drained brown rice, moong dal and 2 cups of water, mix well and pressure cook for 3 whistles.
5. Allow the steam to escape before opening the lid.
6. Mix gently and serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	198 cal
Protein	6.7 g
Carbohydrates	36.4 g
Fiber	4.4 g
Fat	2.7 g
Cholesterol	0 mg
Sodium	20.4 mg

MIXED DAL APPE

Soaking Time : 2 hours Preparation Time: 10 mins Fermenting time: 12 hours Cooking Time: 30 mins
Total Time: 14 hours 40 minutes Makes 35 appes



INGREDIENTS

- 5 tbsp chana dal (split bengal gram)
- 2 tbsp toovar (arhar) dal
- 1/2 tbsp green moong dal (split green gram)
- 1/2 tsp urad dal (split black lentils)
- 1/4 cup par-boiled rice (ukda chawal)
- 1/4 cup raw rice (chawal)
- 1/2 cup chopped spinach (palak)
- Salt to taste
- 1/2 tbsp oil
- 1/4 cup finely chopped onions
- 1/2 tsp chilli powder
- 3 curry leaves (kadi patta)
- A pinch of turmeric powder (haldi)
- A pinch of asafoetida (hing)
- Oil for greasing and cooking

For Serving

- Sambhar
- Coconut chutney

METHOD

1. Combine the chana dal, toovar dal, green moong dal, urad dal, par-boiled rice, raw rice and enough lukewarm water in a deep bowl and keep aside to soak for at least 2 hours.
2. Drain and blend in a mixer to a coarse mixture using approx. $\frac{3}{4}$ cup of water.
3. Transfer the batter into a deep bowl, cover with a lid and keep aside to ferment in a warm place for 12 hours.
4. After fermentation, add 2 tbsp of water, spinach and salt and mix well. Keep aside.
5. Heat the oil in a small non-stick pan, add the onions, chilli powder, curry leaves, turmeric powder and asafoetida and sauté on a medium flame for 1 minute.
6. Add this tempering to the batter and mix well.
7. Heat an appe mould on a medium flame and grease it using a little oil.
8. Pour 1 tbsp of the batter into each appe mould.
9. Cook, using a little oil, till the lower surface becomes golden brown and then turn each appe upside down using a fork so as to cook them from the other side using a little oil.
10. Repeat with the remaining batter to make more appes.
11. Serve immediately with sambhar and coconut chutney.

Nutrient Values (Abbrev) Per Appe

Energy	46 cal
Protein	0.9 g
Carbohydrates	4 g
Fiber	0.5 g
Fat	2.9 g
Cholesterol	0 mg
Sodium	2.6 mg



PALAK TUVAR DAL, JOWAR ROTI

Preparation Time: 15 mins Cooking Time: 25 mins Total Time: 40 mins Makes 4 servings



INGREDIENTS

- 1/2 cup toovar (arhar) dal
- 2 cups chopped spinach (palak)
- 1 tsp finely chopped ginger (adrak)
- 1 tsp finelychopped green chillies
- 1/4 tsp turmeric powder (haldi)
- Salt to taste
- 1 1/2 tbsp oil
- 1/2 tsp cumin seeds (jeera)
- 3 bayleaves
- 3 cloves (laung / lavang)
- 3 whole dry Kashmiri red chillies, broken into pieces

METHOD

1. Clean, wash and soak the dal for 2 hours.
2. Drain, add the spinach, ginger, green chillies, turmeric powder and 3 cups of water and pressure cook for 2 whistles.
3. Allow the steam to escape before opening the lid. Mash the dal spinach mixture with the back of a spoon lightly and keep aside.
4. Heat the oil in a deep pan and add the cumin seeds.
5. When the seeds crackle, add the bayleaves, cloves, red chillies and asafoetida. Stir for 15 seconds.
6. Add the spinach mixture, chilli powder and coriander, mix well and simmer for 4 to 5 minutes, stirring once in between.
7. Serve hot.

CHANA PALAK+ BHAKRI OR ROTI

Preparation Time : 20 mins • Cooking Time : 22 mins • Total Time : 42 mins • Makes 4 servings



Nutrient Values (Abbrv) Per Serving

Energy	161 cal
Protein	6.6 g
Carbohydrates	23.7 g
Fiber	11.9 g
Fat	4.4 g
Cholesterol	0 mg
Sodium	24 mg

INGREDIENTS

- 1 1/2 cups soaked and boiled kabuli chana (white chick peas)
- 1 cup chopped spinach (palak)
- 2 tsp oil
- 1 cup brinjal (baingan / eggplant) cubes
- 1 cup finely chopped tomatoes
- 1 tsp cumin seeds (jeera)
- 25 mm (1") piece cinnamon (dalchini)
- 2 cloves (laung / lavang)
- 1 tsp garam masala
- 2 tsp chilli powder
- 1 tsp dried mango powder (amchur)
- 1 tsp coriander (dhania) powder
- Salt to taste

To Be Ground Into A Smooth Onion Paste (using Little Water)

- 1/2 cup roughly chopped onions
- 8 garlic (lehsun) cloves
- 2 tsp chopped ginger (adrak)

For The Garnish

- a few onion rings
- 2 tbsp finely chopped coriander (dhania)
- a lemon wedge

METHOD

1. Heat the oil in a deep non-stick pan, add the brinjal, mix well and cook on a slow flame for 4 to 5 minutes or till the brinjal turn soft, while stirring occasionally. Sprinkle a little water if required. Keep aside to cool slightly.
2. Combine the brinjal and tomatoes and blend in a mixer to a smooth paste. Keep aside.
3. Heat a non-stick kadhahi and add the cumin seeds and dry roast on a slow flame for 30 seconds.
4. Add the cinnamon, cloves and prepared onion paste and dry roast on a medium flame for 2 to 3 minutes. Sprinkle a little water if required to avoid the onions from burning.
5. Add the prepared brinjal-tomato paste and dry roast on a medium flame for another 1 minute.
6. Add the garam masala, chilli powder, dried mango powder, coriander powder, salt, kabuli chana and 1/2 cup of water, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
7. Add the spinach, mix well and cook on a slow flame for 10 minutes, while stirring occasionally.
8. Serve hot garnished with onion rings, coriander and a lemon wedge.

FOR GARNISH

- A few onion rings
- 2 tbsp finely chopped coriander (dhania)
- a lemon wedge

LEMON RICE

Preparation Time : 2 mins • Cooking Time : 25 mins • Total Time : 27 mins • Makes 3 servings



INGREDIENTS

- 1 1/2 cups cooked brown rice
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/2 tsp mustard seeds (rai / sarson)
- 1/2 tsp urad dal (split black lentils)
- 1/2 tsp grated ginger (adrak)
- 1 tsp roasted chana dal (daria)
- 4 to 5 curry leaves (kadi patta)
- 1/8 tsp turmeric powder (haldi)
- 1 1/4 tsp lemon juice
- 1 tsp oil
- salt to taste

For The Garnish

- 1 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil in a non-stick pan and add the red chillies, mustard seeds, urad dal, ginger, chana dal and curry leaves.
2. When the seeds crackle, add the turmeric powder, rice, lemon juice and salt and toss well.
3. Serve hot, garnished with chopped coriander.

Nutrient Values (Abbrv) Per Serving

Energy	125 cal
Protein	2.4 g
Carbohydrates	23.1 g
Fiber	1.2 g
Fat	2.5 g
Cholesterol	0 mg
Sodium	2.1 mg

SINDHI KADHI & RICE

Preparation Time : 10 mins • Cooking Time : 20 mins • Total Time : 30 mins • Makes 4 servings



INGREDIENTS

- 1/4 cup cluster beans (gavarfali)
- 1/2 cup potato peeled and cubed
- 1/4 cup carrot cubes
- 1/4 cup ladies finger (bhindi), slit into 2 vertically
- 1/2 tsp cumin seeds (jeera)
- 1/2 tsp fenugreek (methi) seeds
- 1/4 tsp asafoetida (hing)
- 4 tbsp besan (Bengal gram flour)
- 2 tsp chopped green chillies
- 1 tsp grated ginger (adrak)
- 4 to 6 curry leaves (kadi patta)
- 1/4 tsp turmeric powder (haldi)
- 2 tsp chilli powder
- 1 to 2 tbsp tamarind (imli) pulp
- 3 tbsp oil
- salt to taste

METHOD

1. Boil the gavarfali, potato and carrots in 2 cups of water till they are tender. Keep aside, retaining the water.
2. Heat the oil in another pan and add the cumin seeds and fenugreek seeds. When they crackle add the asafoetida.
3. Add the Bengal gram flour and sauté for 4 to 5 minutes over a medium flame till it is golden brown.
4. Add 4 cups of water and bring to a boil.
5. Add the green chillies, ginger, curry leaves, turmeric powder, chilli powder, tamarind pulp and all the cooked vegetables and salt and bring to a boil. Simmer till the bhindi is cooked.
6. Serve hot with rice.

Nutrient Values (Abbrev) Per Serving

Energy	177 cal
Protein	3.7 g
Carbohydrates	14.1 g
Fiber	3.2 g
Fat	12.2 g
Cholesterol	0 mg



SINDHI KOKI

Preparation Time: 10 mins Cooking Time: 20 mins Total Time: 30 mins Makes 6 kokis



INGREDIENTS

For Sindhi Koki

- 2 cups whole wheat flour (gehun ka atta)
- 1/2 cup chopped onions
- 2 tbsp chopped coriander (dhania)
- 1 tbsp finely chopped green chillies
- 1 tsp cumin seeds (jeera)
- 1 tsp pomegranate (anardana) powder
- 3 tbsp melted ghee
- salt to taste

Other Ingredients For Sindhi Koki

- whole wheat flour (gehun ka atta) for rolling
- 3 tsp ghee for greasing
- 6 tsp ghee for cooking

METHOD

1. To make sindhi koki, combine all the ingredients in a deep bowl and knead into a stiff dough using enough water.
2. Divide the dough into 6 equal portions and roll out each portion into a 175 mm. (7") diameter circle using a little whole wheat flour for rolling and prick it using a fork.
3. Heat a non-stick tava (griddle), grease it with ghee and cook each circle, on a slow flame, using ghee, till it turns golden brown in colour and crisp from both the sides.
4. Serve the sindhi koki hot.

Nutrient Values (Abbrev) Per Koki

Energy	235 cal
Protein	5.4 g
Carbohydrates	32.7 g
Fiber	5.4 g
Fat	9.8 g
Cholesterol	0 mg
Sodium	9.7 mg

CURD BROWN RICE

Preparation Time: 20 mins Cooking Time: 1 mins Total Time: 21 mins Makes 5 servings



INGREDIENTS

- 1 cup fresh curds (dahi)
- 2 cups cooked brown rice
- 1/4 cup finely chopped coriander (dhania)
- Salt to taste
- 1 tsp oil
- 1 tsp mustard seeds (rai / sarson)
- 1 tsp urad dal (split black lentils)
- 1/4 tsp asafoetida (hing)
- 5 curry leaves (kadi patta)

METHOD

1. Put the rice in a deep bowl and mash it using a masher.
2. Add the curds, coriander, salt and ¼ cup of water and mix very well. Keep aside.
3. Heat the oil in a small non-stick pan, add the mustard seeds and urad dal and sauté on a medium flame for a few seconds.
4. Add the curry leaves and asafoetida and sauté on a medium flame for a few seconds.
5. Pour the tempering over the curd-rice mixture and mix well.
6. Serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	143 cal
Protein	3.7 g
Carbohydrates	20.2 g
Fiber	0.9 g
Fat	4.2 g
Cholesterol	6.4 mg
Sodium	9.5 mg



ARBI SUBZI WITH MULTIGRAIN ROTI

Preparation Time: 20 mins Cooking Time: 8 mins Total Time: 28 mins Makes 3 servings



INGREDIENTS

- 2 1/2 cups boiled , peeled colocassia (arbi) thick roundels
- 1/2 cup thick beaten rice (jada poha)
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/4 tsp asafoetida (hing)
- 1/2 tsp turmeric powder (haldi)
- 2 tbsp oil
- 1 tsp mustard seeds (rai / sarson)
- salt to taste

METHOD

1. Combine the beaten rice, dry red chillies, asafoetida and turmeric powder in a mixer and blend to a smooth powder. Keep aside.
2. Heat the oil in a broad non-stick pan and add the mustard seeds.
3. When the seeds crackle, add the colocassia, salt and the ground powder, toss gently and cook on a medium flame for 5 to 7 minutes, while stirring occasionally.
4. Serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	246 cal
Protein	4.4 g
Carbohydrates	34.1 g
Fiber	1.3 g
Fat	10.2 g
Cholesterol	0 mg
Sodium	12.3 mg

PALAK KHICHDI

Soaking Time: 30 minutes Preparation Time: 20 mins Cooking Time: 23 mins
Total Time: 1 hours 13 minutes Makes 4 servings



INGREDIENTS

- 2 cups rough chopped spinach (palak)
- 1/2 cup long grained rice (basmati)
- 1/4 cup yellow moong dal (split yellow gram)
- 1/2 tsp turmeric powder (haldi)
- salt to taste
- 3 tbsp ghee
- 2 tsp garlic (lehsun) paste
- 1/2 tsp ginger (adrak) paste
- 1/4 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 1 small stick cinnamon (dalchini)
- 2 cloves (laung / lavang)
- 1 cardamom (elaichi)
- 1 tsp cumin seeds (jeera)
- 6 curry leaves (kadi patta)
- 1 whole dry kashmiri red chilli, broken into pieces
- 1 tbsp finely chopped garlic (lehsun)
- 1 tbsp finely chopped green chillies

For Serving With Palak Khichdi

- Fresh curd (dahi)
- Papad

METHOD

1. To make palak khichdi, combine the rice and dal in a deep bowl and soak it in enough water for 30 minutes. Drain well. Keep aside.
2. Drain well, combine the rice, dal, turmeric powder, salt and 1½ cups of water in a pressure cooker, mix well and pressure cook for 3 whistles.
3. Combine the spinach and 2 tbsp of water in a mixer and blend till smooth. Keep aside.
4. Allow the steam to escape before opening the lid. Keep aside.
5. Heat 2 tbsp of ghee in a deep non-stick pan, add the garlic and ginger paste and sauté on a medium flame for a few seconds.
6. Add the onions and tomatoes and sauté on a medium flame for 3 minutes, while stirring occasionally.
7. Add the spinach purée, chilli powder and garam masala, mix well and cook on a medium flame for 3 minutes, while stirring occasionally.
8. Add the cooked dal-rice mixture, 1½ cups of water and salt and, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally. Keep aside.
9. Heat the remaining 1 tbsp of ghee in a small non-stick pan, add the cinnamon, cloves, cardamom, cumin seeds, curry leaves, kashmiri dry red chillies and sauté on a medium flame for 1 minute.
10. Add the garlic and green chillies and sauté on a medium flame for 30 seconds.
11. Pour the tempering over the palak khichdi and mix well.
12. Serve the palak khichdi hot with fresh curds and papad.

Nutrient Values (Abbrev) Per Serving

Energy	212 cal
Protein	4.7 g
Carbohydrates	25.1 g
Fiber	2.9 g
Fat	10.3 g
Cholesterol	0 mg
Sodium	26.5 mg



SPICY SPROUTS PULAO

Preparation Time: 10 mins Cooking Time: 17 mins Total Time: 27 mins Makes 4 servings



INGREDIENTS

- 1 cup mixed sprouts (moong , matki , chana , rajma etc.)
- 1/2 cup brown rice, soaked for 30 minutes and drained
- 1 tsp oil
- 1 bayleaf (tejpatta)
- 1 clove (laung / lavang)
- 1 small stick cinnamon (dalchini)
- 1/2 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 1/2 cup finely chopped onions
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- Salt to taste

For The Garnish

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a pressure cooker, add the bayleaf, clove, cinnamon and cumin seeds and sauté on a medium flame for 30 seconds.
2. Add the ginger-green chilli paste and onions and sauté on a medium flame for 2 minutes.
3. Add the brown rice and mixed sprouts and sauté on a medium flame for 2 minutes.
4. Add the turmeric powder, chilli powder, coriander-cumin seeds powder, salt and 1 cup of hot water, mix well and pressure cook for 3 whistles.
5. Allow the steam to escape before opening the lid.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	158 cal
Protein	6.1 g
Carbohydrates	28.7 g
Fiber	1.7 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	6.8 mg

HARIYALI MUTTER WITH MULTIGRAIN ROTI

Preparation Time: 10 mins Cooking Time: 8 mins Total Time: 18 mins Makes 2 servings



INGREDIENTS

- 1 cup boiled green peas
- 2 tsp oil
- 1 tsp cumin seeds (jeera)
- 1/2 tsp nigella seeds (kalonji)
- A pinch of asafoetida (hing)
- Salt to taste
- 1/4 cup chopped low-fat paneer (cottage cheese) cubes

To Be Ground Into A Smooth Paste (using Little Water)

- 2 cups chopped coriander (dhania)
- 4 green chillies, roughly chopped
- 25 mm. (1") piece ginger (adrak)
- 4 garlic (lehsun) cloves
- 1 tbsp lemon juice

For Serving

- Phulkas

METHOD

1. Heat the oil in a non-stick kadhai and add the cumin seeds.
2. When the seeds crackle, add the nigella seeds and sauté on a medium flame for a few seconds.
3. Add the asafoetida and the prepared paste, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
4. Add the milk and green peas, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
5. Add 2 tbsp of water and salt, mix well and cook on a medium flame for another minute, while stirring continuously.
6. Add the paneer, mix lightly and cook on a medium flame for 1 to 2 more minutes. Serve immediately with phulkas.

Nutrient Values (Abbrev) Per Serving

Energy	145 cal
Protein	7.5 g
Carbohydrates	16.5 g
Fiber	7.4 g
Fat	5.4 g
Cholesterol	0 mg
Sodium	41.5 mg



CABBAGE AND PANEER PARATHAS

Preparation Time: 15 mins Cooking Time: 20 mins Total Time: 35 mins Makes 5 parathas



INGREDIENTS

For The Cabbage and Paneer Parathas Dough

- 1 cup whole wheat flour (gehun ka atta)
- 1 tbsp melted ghee
- Salt to taste

To Be Mixed Into A Stuffing

For Cabbage and Paneer Parathas

- 1 1/4 cups grated cabbage
- 1/2 cup crumbled paneer (cottage cheese)
- 2 tbsp finely chopped coriander (dhania)
- 1 1/2 tsp finely chopped green chillies
- Salt to taste

Other Ingredients For

Cabbage and Paneer Parathas

- whole wheat flour (gehun ka atta) for rolling
- Oil for cooking

For Serving With

Cabbage and Paneer Parathas

- Curd (dahi)

METHOD

For the cabbage and paneer parathas dough

1. Combine all the ingredients in a deep bowl, mix well and knead into a soft dough using enough water. Cover and keep aside for at least 10 to 15 minutes.
2. Divide the dough into 10 equal portions and keep aside.

How to proceed

1. To make cabbage and paneer parathas, divide the stuffing into 5 equal portions.
2. Roll out a portion of the dough into a 125 mm. (5") diameter roti with help of a little whole wheat flour.
3. Spread a portion of the stuffing evenly over it. Cover it with another roti and press the sides well.
4. Heat a non-stick tava (griddle) and cook the paratha, using a little oil, till golden brown spots appear on both the sides.
5. Repeat steps 2 to 4 to make 4 more cabbage and paneer parathas.
6. Serve the cabbage and paneer parathas hot with curds.

Nutrient Values (Abbrev) Per Paratha

Energy	192 cal
Protein	5.1 g
Carbohydrates	17.2 g
Fiber	1 g
Fat	11.5 g
Cholesterol	0 mg
Sodium	5 mg

MANGALOREAN TENDLI & CHANA MASALA

Preparation Time: 20 mins Cooking Time: 21 mins Total Time: 41 mins Makes 4 servings



INGREDIENTS

- 1 cup sliced tendli
- 1 cup boiled kala chana (brown chick peas)
- 2 tbsp coriander (dhania) seeds
- 1 tsp cumin seeds (jeera)
- 3/4 tsp mustard seeds (rai / sarson)
- 1/4 tsp fenugreek (methi) seeds
- 5 whole dry kashmiri red chillies , broken into pieces
- 1/2 cup freshly grated coconut
- 1/4 cup roughly chopped onions
- 1 tbsp roughly chopped garlic (lehsun)
- 1 1/2 tbsp tamarind (imli) pulp
- 1 tbsp oil
- 6 curry leaves (kadi patta)
- 1 tbsp chopped coriander (dhania)

METHOD

1. Heat a broad non-stick pan, add the coriander, cumin seeds, ¼ tsp mustard seeds, fenugreek seeds and red chillies and dry roast on a medium flame for 2 to 3 minutes. Keep aside to cool slightly.
2. Once cooled slightly, combine the coconut, onion, garlic, tamarind pulp and ½ cup of water in a mixer and blend it till smooth. Keep aside.
3. Heat the oil in a deep non-stick pan, add ½ tsp mustard seeds and curry leaves and sauté on a medium flame for 30 seconds.
4. Add the tendli and sauté on a medium flame for 4 minutes.
5. Add the prepared coconut paste and sauté on a medium flame for 3 minutes.
6. Add the kala chana, salt and 1¼ cups of water, mix well and cook on a medium flame for 10 minutes, while stirring occasionally.
7. Add coriander, mix well and serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	132 cal
Protein	3.7 g
Carbohydrates	9.2 g
Fiber	2.9 g
Fat	9.2 g
Cholesterol	0 mg
Sodium	34 mg

KABULI CHANA BIRYANI

Preparation Time: 30 mins Cooking Time: 4 mins Baking Time: 25 minutes Baking Temperature: 200°C (400°F).
Total Time: 59 mins Makes 6 servings



INGREDIENTS

For Kabuli Chana Biryani

- 2 1/4 cups cooked brown rice
- 1/4 cup chopped coriander (dhania)
- 1/4 tsp saffron (kesar) strands
- Salt to taste

For The Kabuli Chana Gravy

- 3/4 cup soaked and boiled kabuli chana (white chick peas)
- 2 tsp oil
- 1 tsp ginger (adrak) paste
- 1 tsp garlic (lehsun) paste
- 1 tsp chilli powder
- 1/2 tsp turmeric powder (haldi)
- 3/4 cup chopped tomatoes
- 1 1/2 tsp finely chopped green chillies
- Salt to taste
- 1/4 cup whisked low fat curds

METHOD

For the kabuli chana gravy

1. Heat the oil in a broad non-stick pan, add the ginger and garlic paste and sauté on a medium flame for a few seconds.
2. Add the chilli powder, turmeric powder and 1 tbsp of water and sauté on a medium flame for 30 seconds.
3. Add the tomatoes and green chillies, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
4. Add the cooked kabuli chana and salt, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
5. Switch off the flame, add the curds and mix gently. Keep aside.

How to proceed to make kabuli chana biryani

1. Combine the saffron strands and warm milk in a bowl and mix well.
2. Combine the brown rice, coriander, little salt and saffron-milk mixture in a deep bowl and mix well.
3. Put half the rice mixture in a baking dish and spread it evenly.
4. Put the kabuli chana gravy evenly over it and spread it evenly.
5. Finally put the remaining rice mixture and spread it evenly.
6. Cover with an aluminium foil and bake in a pre-heated oven at 200°C (400°F) for 20 minutes.
7. Serve the kabuli chana biryani hot.



Nutrient Values (Abbrev) Per Serving

Energy	159 kcal
Protein	4.7 gm
Carbohydrate	26.2 gm
Fat	3.9 gm
Fibre	5.2 gm
Calcium	67.7 mg

SARSON KA SAAG

Preparation Time: 25 mins Cooking Time: 11 mins Total Time: 36 mins Makes 4 servings



INGREDIENTS

- 5 cups washed and chopped mustard leaves (sarson ke patte)
- 5 cups washed and chopped spinach (palak)
- 1 1/2 tbsp. roughly chopped green chillies
- 1 tbsp oil
- 1 tsp cumin seeds (jeera)
- 1 tbsp finely chopped garlic (lehsun)
- 1 tbsp finely chopped ginger (adrak)
- 1/2 cup finely chopped onions
- 1/4 tsp asafoetida (hing)
- 1/2 tsp turmeric powder (haldi)
- 1 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder, optional
- Salt to taste

For Serving

- Makai ki roti

METHOD

1. To make sarson ka saag, boil enough water in a deep non-stick pan, add the mustard leaves, spinach and green chillies, mix well and cook on a high flame for 4 to 5 minutes, while stirring occasionally.
2. Strain using a strainer and drain well.
3. Refresh it twice in enough cold water immediately and drain well again. Keep aside for 2 to 3 minutes to cool slightly.
4. Blend in a mixer to a coarse mixture using 1/2 cup of water. Keep aside.
5. Heat the oil in a non-stick kadhahi and add the cumin seeds.
6. When the seeds crackle, add the garlic, ginger and asafoetida and sauté on a medium flame for 30 seconds.
7. Add the onions and again sauté on a medium flame for 1 to 2 minutes.
 8. Add the mustard leaves-spinach mixture, turmeric powder, chilli powder, coriander-cumin seeds powder and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
 9. Serve the sarson ka saag hot with makai ki roti.

Nutrient Values (Abbrev) Per Serving

Energy	64 cal
Protein	1.9 g
Carbohydrates	4.3 g
Fiber	2.2 g
Fat	4.4 g
Cholesterol	0 mg
Sodium	50.7 mg



ALOO PARATHA

Preparation Time: 10 mins Cooking Time: 30 mins Total Time: 40 mins Makes 12 parathas



INGREDIENTS

For The Dough

- 2 1/4 cups whole wheat flour (gehun ka atta)
- 2 tbsp melted ghee
- Salt to taste

For The Aloo Paratha Stuffing

- 2 1/2 cups boiled, peeled and mashed potatoes
- 2 tsp melted ghee
- 1 tsp cumin seeds (jeera)
- 1/2 cup finely chopped onions
- 1 tbsp finely chopped green chillies
- Salt to taste
- 1/2 tsp chilli powder
- 2 tbsp finely chopped coriander (dhania)
- 2 tsp dried mango powder (amchur)

Other Ingredients

- Whole wheat flour (gehun ka atta) for rolling
- Ghee for cooking and greasing

For Serving With Aloo Paratha

- Curd

METHOD

For the dough

1. Combine the whole wheat flour, ghee and salt in a bowl and mix well.
2. Add enough water and knead into a semi-stiff dough. Keep aside.

For the aloo paratha stuffing

1. Heat the ghee in a broad non-stick pan and add the cumin seeds.
2. When the seeds crackle, add the onions and sauté on a medium flame for 1 to 2 minutes.
3. Add the green chillies, mix well and sauté on a medium flame for 1 minute.
4. Add the potatoes, salt, chilli powder, coriander, dry mango powder, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
5. Divide the stuffing into 12 equal portions and keep aside.

How to proceed

1. To make aloo paratha, divide the dough into 12 equal portions and roll a portion of the dough into a circle of 100 mm. (4") diameter circle.
2. Place a little stuffing in the centre of the circle.
3. Bring together all the sides in the centre and seal tightly.
4. Roll again into a circle of 150 mm. (6") diameter circle with a little flour.
5. Heat a non-stick tava (griddle) and cook the paratha using a little ghee until golden brown spots appear on both the sides.
6. Repeat with the remaining dough and stuffing to make 11 more aloo parathas.
7. Serve the aloo parathas immediately with fresh curds.

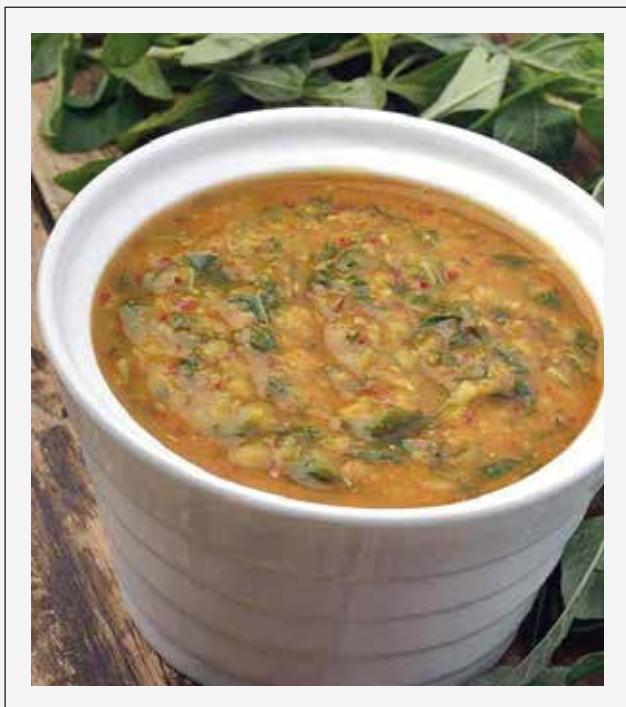
Nutrient Values (Abbrv) Per Paratha

Energy	222 cal
Protein	3.4 g
Carbohydrates	22.7 g
Fiber	3.4 g
Fat	13.5 g
Cholesterol	0 mg
Sodium	7.5 mg



CHAWLI MASOOR DAL WITH RICE

Preparation Time: 10 mins Cooking Time: 16 mins Total Time: 26 mins Makes 4 servings



INGREDIENTS

- 1/2 cup chopped chawli (cow pea) leaves
- 1/2 cup masoor dal (split red lentil), washed and drained
- 1/4 tsp turmeric powder (haldi)
- Salt to taste
- 1 tsp oil
- 1 tsp cumin seeds (jeera)
- 1 tsp lemon juice

To Be Ground Into A Smooth Paste (using 1/4 Cup Water)

- 1 tbsp coriander (dhania) seeds
- 1/2 tsp cumin seeds (jeera)
- 1 tsp chopped garlic (lehsun)
- 1 tsp chopped ginger (adrak)
- 2 whole dry kashmiri red chillies, broken into pieces

METHOD

1. Combine the masoor dal, turmeric powder, salt and 1½ cups of water in a pressure cooker, mix well and pressure cook for 2 whistles.
2. Allow the steam to escape before opening the lid. Keep aside.
3. Heat the oil in a deep non-stick pan and add the cumin seeds.
4. When the seeds crackle, add the chawli leaves, mix well and cook on a medium flame for 1 minute, while stirring occasionally.
5. Add the cooked masoor dal, prepared paste, a little salt and ½ cup of water, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
6. Switch off the flame, add the lemon juice and mix well.
7. Serve hot.



Nutrient Values (Abbrev) Per Serving

Energy	82 cal
Protein	5.1 g
Carbohydrates	12 g
Fiber	2.3 g
Fat	1.4 g
Cholesterol	0 mg
Sodium	20.9 mg

CARROT METHI SUBZI WITH BAJRA BHAKRI

Preparation Time: 10 mins Cooking Time: 12 mins Total Time: 22 mins Makes 4 servings



INGREDIENTS

- 2 cups carrot cubes
- 2 cups finely chopped fenugreek (methi) leaves
- 2 tsp oil
- 1/2 tsp cumin seeds (jeera)
- 3/4 cup finely chopped onions
- 1 tsp finely chopped green chillies
- 1 tsp finely chopped garlic (lehsun)
- 1/4 tsp turmeric powder (haldi)
- 2 tsp coriander (dhania) powder
- Salt to taste

For Serving

- Parathas
- Rotis

METHOD

1. Heat the oil in a non-stick kadhai and add the cumin seeds.
2. When the seeds crackle, add the onions and sauté on a medium flame for 1 minute.
3. Add the green chillies and garlic, mix well and sauté on a medium flame for 30 seconds.
4. Add the fenugreek leaves, turmeric powder, coriander powder, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
5. Add the carrots, salt and 1 cup of water, mix well and cover and cook for 7 to 8 minutes, while stirring occasionally.
6. Serve hot with whole wheat parathas or rotis.



Nutrient Values (Abbrv) Per Serving

Energy	55 cal
Protein	1.2 g
Carbohydrates	6.6 g
Fiber	2.6 g
Fat	2.7 g
Cholesterol	0 mg
Sodium	21.6 mg

MIXED PULSES WITH VEGETABLE & ROTI

Soaking Time: 6 to 8 hours Preparation Time: 20 mins Cooking Time: 19 mins
Total Time: 8 hours 39 minutes Makes 4 servings



INGREDIENTS

- 2 tbsp moong (whole green gram)
- 2 tbsp kala chana (brown chick peas)
- 1 tbsp masoor (whole red lentil)
- 1/2 cup sliced onions
- 1 cup blanched cauliflower florets
- 1/4 cup blanched baby onions
- 1 cup chopped tomatoes
- 1 tbsp oil
- 2 tsp lemon juice
- Salt to taste

To Be Blend Into A Smooth Paste Using 1/4 Cup Of Water

- 8 cloves garlic (lehsun)
- 5 to 6 whole dry kashmiri red chillies
- 2 tsp coriander (dhania) seeds
- 2 tsp cumin seeds (jeera)
- 25 ginger (adrak)

For The Garnish

- 1 tbsp chopped coriander (dhania)

METHOD

1. Soak the moong, kala chana and masoor in a deep bowl using enough water for 6 to 8 hours and drain well.
2. Transfer the moong, kala chana and masoor to deep non-stick pan, add 1½ cups of water, mix well and cook on a medium flame for 10 minutes or till they are cooked completely. Drain well and keep aside.
3. Heat the oil in a broad non-stick pan, add the onions and sauté on a medium flame for 2 minutes.
4. Add the prepared paste, mix well and cook on a slow flame for 2 to 3 minutes, while stirring continuously.
5. Add the cauliflower, baby onions, tomatoes, lemon juice and salt, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	106 cal
Protein	4.7 g
Carbohydrates	12.4 g
Fiber	3.6 g
Fat	4.2 g
Cholesterol	0 mg
Sodium	25.6 mg



COLOCASIA LEAF USLI + BHAKRI OR ROTI

Soaking Time : 1 hrs • Preparation Time : 10 mins • Cooking Time : 14 mins • Total Time : 1 hrs 24 mins • Makes 6 servings



INGREDIENTS

- 1 cup chopped colocasia leaves (arbi ke patte)
- 1 cup toovar (arhar) dal
- 3 whole dry kashmiri red chillies , broken into pieces
- 1 tsp chopped green chillies
- 1/4 tsp asafoetida (hing)
- Salt to taste
- 2 tsp oil
- 1/2 tsp mustard seeds (rai / sarson)
- 1 tsp urad dal (split black lentils) , soaked and drained
- 8 to 10 curry leaves (kadi patta)
- a pinch of turmeric powder (haldi)
- 1 tbsp dried mango powder (amchur)

METHOD

1. Soak the toovar dal and red chillies in enough water in a bowl for 1 hour and drain well.
2. Combine the colocasia leaves, soaked and drained toovar dal and red chillies, green chillies, asafoetida and salt and blend in a mixer to a coarse mixture using ½ cup of water.
3. Pour the mixture into a greased 175 mm. (??) diameter thali.
4. Steam in a steamer for 10 to 12 minutes or till the mixture is cooked.
5. Allow it to cool completely and crumble into pieces, with the help of your hand. Keep aside.
6. Heat the oil in a deep non-stick kadhai and add the mustard seeds.
7. When the seeds crackle, add the urad dal, curry leaves and turmeric powder and sauté on a medium flame for a few seconds.
8. Add the crumbled colocasia mixture, dried mango powder and little salt mix well and cook on a medium flame for 1 minute, while stirring continuously.
9. Serve immediately.



Nutrient Values (Abbrev) Per Serving

Energy	113 cal
Protein	6.5 g
Carbohydrates	16.7 g
Fiber	3.1 g
Fat	2.3 g
Cholesterol	0 mg
Sodium	8.1 mg

CABBAGE AND DAL PARATHA

Preparation Time : 15 mins • Cooking Time : 25 mins • Total Time : 40 mins • Makes 6 parathas



HOW TO PROCEED

1. Divide the dough into 6 equal portions.
2. Roll out each portion of the dough into a circle of about 100 mm. (4") diameter using a little flour for rolling.
3. Place 1 portion of the stuffing in the centre of the circle.
4. Bring together all the sides in the centre and seal tightly.
5. Roll out again into a circle of 150 mm. (5") diameter using a little wheat flour for rolling.
6. Cook on a non-stick pan on both sides using ¼ teaspoon oil until brown spots appear.
7. Repeat with the remaining dough and stuffing to make 5 more parathas.
8. Serve hot

INGREDIENTS

For The Dough

- 3/4 cup whole wheat flour (gehun ka atta)
- 1/4 tsp salt

For The Stuffing

- 3/4 cup finely chopped cabbage
- 1/4 cup yellow moong dal (split yellow gram), soaked and parboiled
- 1 tsp fennel seeds (saunf)
- 1/4 cup finely chopped onions
- 2 tsp finely chopped green chillies
- A pinch of turmeric (haldi)
- 1 tsp grated ginger (adrak)
- 2 tsp dried mango powder (amchur)
- 1/4 cup finely chopped mint leaves (phudina)
- 1 tsp oil
- 1/8 tsp salt

OTHER INGREDIENTS

- Whole wheat flour (gehun ka atta) for rolling
- 1 1/2 tsp oil for cooking

METHOD

For the dough

1. Combine the flour and salt together in a bowl and add enough water to make soft dough.
2. Knead well for 3 to 4 minutes and keep aside.

For the stuffing

1. Heat the oil in a non-stick pan and fry the fennel seeds in it for a few seconds.
2. Add the onions and sauté till they turn golden brown in colour.
3. Add the green chillies, turmeric powder, ginger, amchur cabbage and 1 tbsp of water and mix well and cook on a medium flame for 1 minute.
4. Add the moong dal and cook for another 2 minutes.
5. Add the salt and mint and mix very well.
6. Remove from the flame divide into 6 equal portions and keep aside.



Nutrient Values (Abbrev) Per Paratha

Energy	104 cal
Protein	3.9 g
Carbohydrates	16.8 g
Fiber	2.9 g
Fat	2.6 g
Cholesterol	0 mg
Sodium	201 mg

JOWAR AND VEGETABLE KHICIDI

Preparation Time : 15 mins • Cooking Time : 10 mins • Total Time : 25 mins • Makes 8 bars



INGREDIENTS

- 1/2 cup whole jowar (white millet)
- 1/4 cup finely chopped red capsicum
- 1/4 cup finely chopped green capsicum
- 1/4 cup finely chopped yellow capsicum
- 1/4 cup finely chopped zucchini (unpeeled)
- Salt to taste
- 1 tsp oil
- 1 tsp cumin seeds (jeera)
- 2 tsp finely chopped green chillies
- 1/4 tsp asafoetida (hing)
- 1/2 cup milk
- 1/4 cup chopped coriander (dhania)

INGREDIENTS

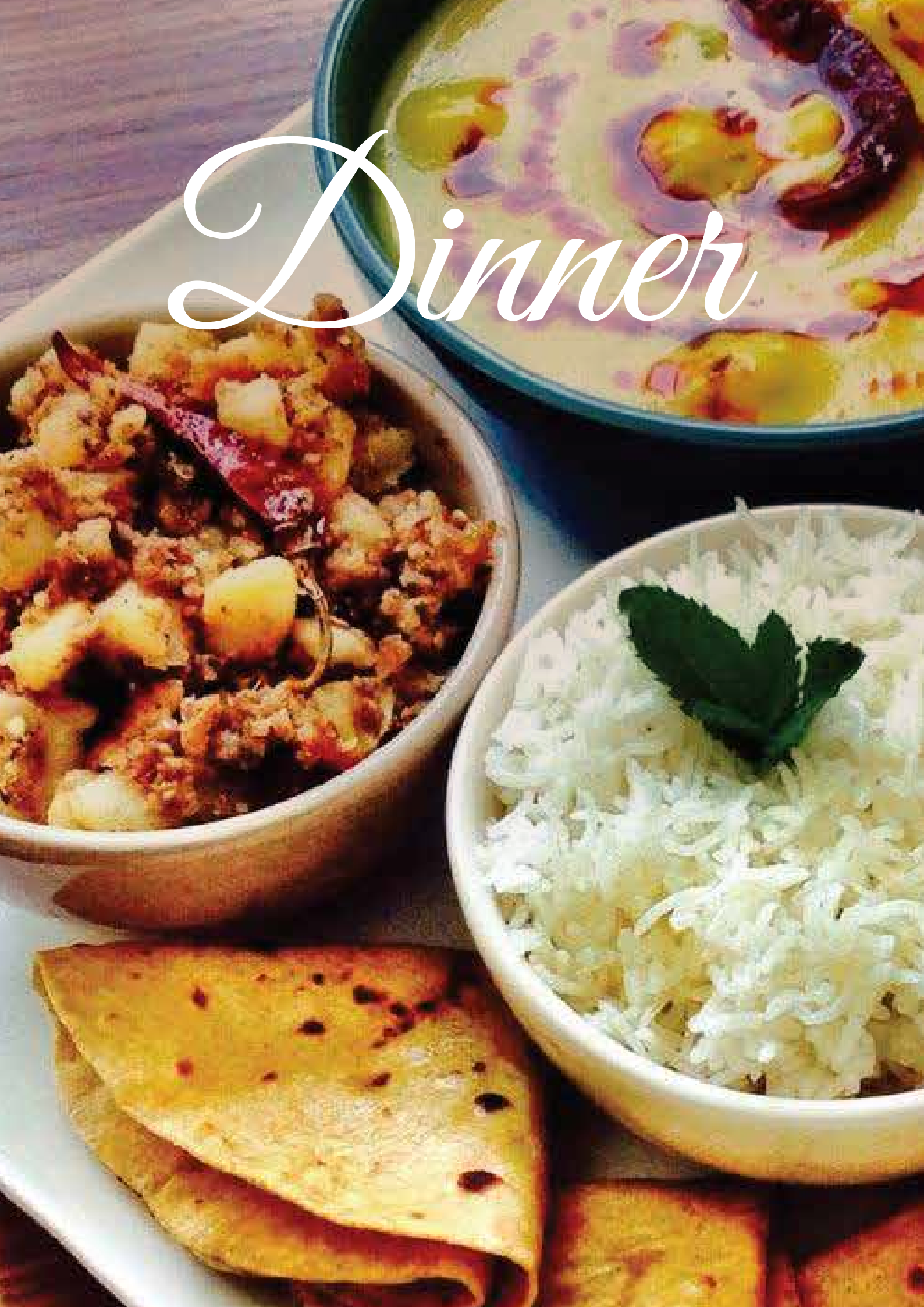
1. Soak the whole jowar overnight in enough water. Next day, drain all the water
2. Combine soaked and drained jowar, 1 cup of water and salt in a pressure cooker, mix well and pressure cook for 5 whistles
3. Allow the steam to escape before opening the lid. Keep the cooked whole jowar aside without draining the water
4. Heat the oil in a broad non-stick pan and add the cumin seeds
5. When the seeds crackle, add the asafoetide, green chillies, red, green, yellow capsicum and the zucchini and saute on a medium flame for a 1 to 2 minutes
6. Add a little salt, cooked jowar (along with the water), mix well and cook on a medium flame for 3 to 4 minutes or till the water dries up, while stirring occasionally
7. Add the milk, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally
8. Add the coriander, mix well and cook on a medium flame for 2 minutes, while stirring occasionally



Nutrient Values (Abbrev) Per Serving

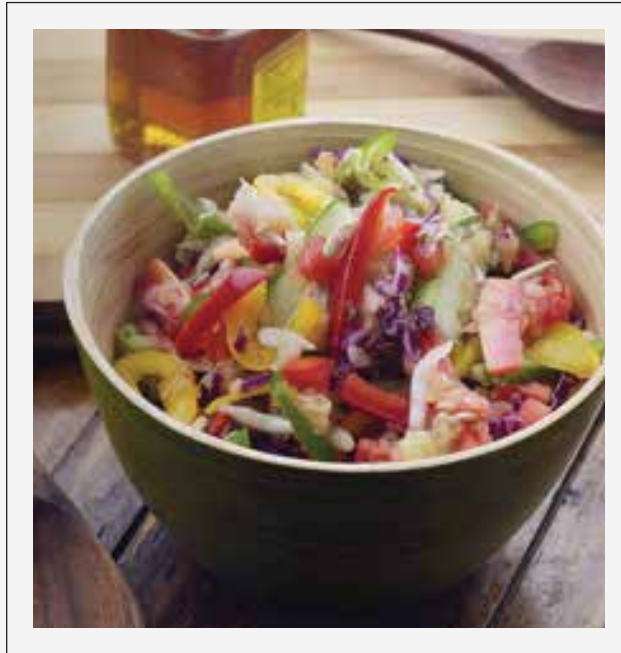
Energy	239 cal
Protein	7.3 g
Carbohydrates	35 g
Fiber	5.3 g
Fat	6.7 g
Cholesterol	8 mg
Sodium	17.2 mg

Dinner



NUTRITIOUS VEGETABLE SALAD

Preparation Time : 10 mins • Cooking Time : 0 mins • Total Time : 15 mins • Makes 4 servings



INGREDIENTS

- 1/4 cup shredded cabbage
 - 1/4 cup shredded red cabbage
 - 1/4 cup chopped tomatoes
 - 1/2 cup thinly sliced carrots
 - 1/2 cup thinly sliced cucumber
 - 1/4 cup thinly sliced red capsicum
 - 1/4 cup thinly sliced yellow capsicum
 - 1/4 cup thinly sliced green capsicum
 - 2 tsp unsalted sunflower seeds (surajmukhi ke beej)
- To Be Mixed Into A Dressing
- 1 cup grated apple (with the skin)
 - 1 tbsp lemon juice
 - 1/2 tsp dried oregano
 - 1 tbsp finely chopped raisins (kismis) , optional
 - 1/8 tsp salt
 - 1 tsp organic honey

METHOD

1. Combine all the ingredients along with the dressing in a deep bowl and toss well.
2. Serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	58 cal
Protein	1.1 g
Carbohydrates	10.8 g
Fiber	2.9 g
Fat	1.2 g
Cholesterol	0 mg
Sodium	116 mg



BAJRA, WHOLE MOONG & GREEN PEA KHICHDI

Preparation Time: 10 mins Cooking Time: 27 mins Total Time: 37 mins Makes 4 servings



INGREDIENTS

- 1/4 cup bajra (black millet), soaked for 5 hours and drained
- 1/4 cup moong (whole green gram)
- 1/2 cup green peas
- 2 tsp oil
- 1 tsp cumin seeds (jeera)
- A pinch of asafoetida (hing)
- 1/2 cup finely chopped onions
- 1 cup chopped tomatoes
- 1 tsp garlic (lehsun) paste
- 1/2 tsp ginger (adrak) paste
- 1/2 tsp green chilli paste
- 1/2 tsp turmeric powder (haldi)
- 1 tsp chilli powder
- Salt to taste

METHOD

1. To make bajra whole moong and green pea khichdi, soak the bajra and moong separately in enough water in a deep bowl for 5 hours and drain well.
2. Combine the bajra, moong, green peas, salt and 1 cup of water in a pressure cooker, mix well and pressure cook for 5 whistles.
3. Allow the steam to escape before opening the lid. Keep aside.
4. Heat the oil in a deep non-stick pan and add the cumin seeds.
5. When the seeds crackle, add and the asafoetida onions and sauté on a medium flame for 1 minute.
6. Add the tomatoes, garlic paste, ginger paste, green chilli paste, turmeric powder, chilli powder and salt, mix well and cook on a medium flame for 2 to 3 minutes, mash using a potato masher, while stirring occasionally.
7. Add the cooked bajra-moong dal- green pea mixture and ¼ cup of water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
8. Serve the bajra whole moong and green pea khichdi hot.

Nutrient Values (Abbrev) Per Serving

Energy	124 kcal
Protein	5.4 gm
Carbohydrates	18.4 gm
Fat	3.2 gm
Fibre	1.6 gm
Iron	1.9 mg
Vitamin C	13.9 mg
Folic acid	18.8 mcg



MASALA MASOOR + RICE

Preparation Time : 10 mins • Cooking Time : 15 mins • Total Time : 25 mins • Makes 4 servings



INGREDIENTS

- 3/4 cup masoor (whole red lentil), soaked overnight and drained
- 7 to 8 small sized white onions, peeled
- salt to taste
- 1 tbsp oil
- 1/2 cup sliced onions
- 1/2 cup chopped tomatoes

TO BE GROUND INTO A SMOOTH PASTE

- 2 tsp chopped garlic (lehsun)
- 4 whole dry kashmiri red chillies, broken into pieces
- 2 tsp coriander (dhania) seeds
- 1 tsp cumin seeds (jeera)
- 25 of ginger (adrak)
- 1/4 cup water

FOR THE GARNISH

- For The Garnish
- 2 tbsp finely chopped coriander (dhania)

METHOD

1. Combine the masoor, white onions, salt and 1 cup of water, mix well and pressure cook for 1 whistle.
2. Allow the steam to escape before opening the lid. Keep aside.
3. Heat the oil in a broad non-stick pan, add the onions and sauté on a medium flame for 2 minutes or till they turn translucent.
4. Add the prepared ground paste, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
5. Add the tomatoes and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
6. Add the cooked masoor dal – onion mixture, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
7. Serve hot garnished with coriander.



Nutrient Values (Abbrev) Per Serving

Energy	146 cal
Protein	7.9 g
Carbohydrates	19.5 g
Fiber	3.5 g
Fat	4 g
Cholesterol	0 mg
Sodium	4.6 mg

STUFFED BAJRA ROTI (GLUTEN FREE RECIPE)

Preparation Time : 10 mins • Cooking Time : 30 mins • Total Time : 40 mins • Makes 4 rotis



METHOD

For the rotis

1. Combine the bajra flour and salt together in a bowl and knead into a soft dough using enough water.
2. Knead well till smooth and divide into 8 equal portions and keep aside.

How to proceed

1. Divide the stuffing into 8 equal portions. Keep aside.
2. Roll out each portion of the dough into 150 mm. (6") diameter thin circle. Keep aside.
3. Place a roti on a clean, dry surface, put a portion of the stuffing and spread it evenly.
4. Place another roti on top and press well so that they stick well.
5. Cook a non-stick tava (griddle) till brown spots appear on both the sides.
6. Repeat with the remaining ingredients to make 3 more rotis.
7. Apply 1/2 tsp of ghee on each roti and serve hot.

INGREDIENTS

For The Rotis

- 2 cups bajra (black millet) flour of salt
- Bajra (black millet) flour for rolling

To Be Mixed Into A Stuffing

- 3/4 cup crumbled low-fat paneer (cottage cheese)
- 4 tbsp chopped fenugreek (methi) leaves
- 2 slit green chillies, finely chopped
- 1/2 cup finely chopped tomatoes
- Salt to taste

For Serving

- 2 tsp low-fat ghee (optional)

Nutrient Values (Abbrv) Per Serving

Energy	257 cal
Protein	9.5 g
Carbohydrates	35.4 g
Fiber	6 g
Fat	8.7 g
Cholesterol	0 mg
Sodium	10 mg

SAMBHAR & RICE

Preparation Time: 20 mins. Cooking Time: 25 mins. Total Time: 45 mins Serves 6.



INGREDIENTS

For the sambhar

- 1 cup toovar (arhar) dal
- 1 onion, chopped
- 2 brinjals, cubed
- 1 drumstick (saijan ki phalli / saragavo), cut into 50 mm. (2") pieces
- 1 potato, cubed
- 1 tomato, chopped
- 1 tbsp tamarind (imli) pulp
- salt to taste

For the sambhar masala paste

- 4 to 6 whole dry kashmiri red chillies, broken into pieces
- 1 tbsp coriander (dhania) seeds
- 1 tsp fenugreek (methi) seeds
- 1 tsp toovar (arhar) dal
- 1 tbsp chana dal (split Bengal gram)
- 1 tbsp urad dal (split black lentils)
- 1 tsp turmeric powder (haldi)
- 1/2 tsp asafoetida (hing)

For the tempering

- 1 tsp mustard seeds (rai / sarson)
- 6 curry leaves (kadi patta)
- 1/4 tsp asafoetida (hing)
- 1 tsp oil

METHOD

For the sambhar masala paste

1. Roast all the ingredients in a non-stick pan for 4 to 5 minutes. Allow to cool completely.
2. Grind to a fine paste in a blender using a little water. Keep aside.

How to proceed

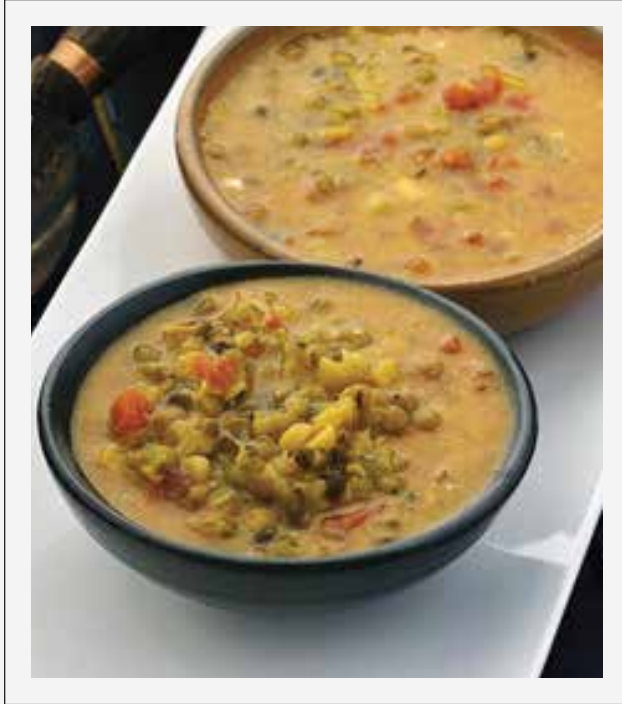
1. Clean and wash the toovar dal.
2. Pressure cook the dal, onion, brinjals, drumstick and potato with 2 cups of water.
3. Then add the tomato, tamarind pulp, sambhar masala paste, salt and 4 cups of water and bring to a boil.
4. Prepare the tempering by heating the oil in a non-stick pan and frying the mustard seeds, curry leaves and asafoetida until the mustard seeds crackle.
5. Add to the sambhar and simmer for 10 minutes.
6. Serve hot.

Nutrient Values (Abbrv) Per Serving

Energy	151 cal
Protein	8.4 g
Carbohydrates	25.9 g
Fiber	5.1 g
Fat	1.6 g
Cholesterol	0 mg
Sodium	15.5 mg

PANCHARATNI DAL WITH ROTI

Soaking Time : 8 hours • Preparation Time : 15 mins • Cooking Time : 15 mins • Total Time : 8 hours 30 minutes
Makes 6 servings (6 serving)



INGREDIENTS

- 1/4 cup whole moong (whole green gram)
- 1/4 cup whole masoor (whole red lentil)
- 2 tbsp whole urad (whole black lentil)
- 2 tbsp chana dal (split bengal gram)
- 2 tbsp toovar (arhar) dal
- 1 tbsp oil
- 2 cardamoms
- 25 mm (1") stick cinnamon (dalchini)
- 1 tsp cumin seeds (jeera)
- 1/2 cup chopped onions
- 1 cup chopped tomatoes
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- 1 1/2 tsp chilli powder
- 1/4 tsp turmeric powder (haldi)
- 1 1/2 tsp fennel seeds (saunf) powder
- 1 tsp finely chopped green chillies
- 1/3 cup whisked curds (dahi)
- salt to taste



METHOD

1. Clean, wash and soak the dals in enough water for at least 8 hours. Drain and keep aside.
2. Heat the oil in a pressure cooker, add the cardamom, cinnamon and cumin seeds and sauté on a medium flame for a few seconds.
3. Add the onions and sauté on a medium flame for 2 minutes.
4. Add the tomatoes, coriander-cumin seeds powder, chilli powder, turmeric powder, fennel seeds powder, green chillies, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
5. Add the dals, salt and 3 cups of water, mix well and pressure cook for 2 whistles.
6. Allow the steam to escape before opening the lid.
7. Add the curds and mix well.
8. Serve hot.

Nutrient Values (Abbrv) Per Serving

Energy	136 cal
Protein	6.9 g
Carbohydrates	17.9 g
Fiber	4.1 g
Fat	3.8 g

MYSORE MASALA DOSA WITH GREEN CHUTNEY

Preparation Time: 20 mins Cooking Time: 20 mins Total Time: 40 mins Makes 6 dosas



INGREDIENTS

- 1 1/4 cups readymade dosa batter

To Be Blended Into A Smooth Green Chutney (using 2 Tbsp Of Water)

- 1/2 cup grated coconut (nariyal)
- 2 tbsp coriander (dhania) leaves
- 1/4 cup chopped spinach (palak)
- 2 tsp roughly chopped green chillies
- 1 tsp roughly chopped garlic (lehsun)
- 2 tsp roasted chana dal (daria)

For The Potato Bhaji

- 2 cups peeled and boiled potato cubes
- 2 tbsp oil
- 1 tsp urad dal (split black lentils)
- 1 tsp mustard seeds (rai / sarson)
- 5 curry leaves (kadi patta)
- 1 tsp finely chopped green chillies
- 1/4 tsp asafoetida (hing)
- 1/4 cup finely chopped onions
- 1/4 tsp turmeric powder (haldi)
- 1/4 tsp chilli powder
- Salt to taste
- 2 tbsp finely chopped coriander (dhania)

Other Ingredients

- Oil for cooking

For Serving

- Sambhar

METHOD

For the potato bhaji

1. Heat the oil in a broad non-stick pan, add urad dal and mustard seeds and sauté on a medium flame for 30 seconds.
2. Add the curry leaves, green chillies and asafoetida and sauté on a medium flame for few seconds.
3. Add the onions and turmeric powder and sauté on a medium flame for 2 minutes.
4. Add the potatoes, chilli powder and salt, mix well and cook on a medium flame for 2 minutes, while mashing it with the back of a spoon.
5. Add the coriander, mix well and cook on a medium flame for 1 minute, while stirring occasionally. Keep aside.
6. Divide the potato bhaji into 6 equal portions.

How to proceed

1. Heat a non-stick tava (griddle), sprinkle a little water and wipe it off gently using a cloth.
2. Pour a ladleful of the batter on it and spread it in a circular motion to make a 175 mm. (7") diameter thin circle.
3. Smear little oil over it and along the edges and cook on medium flame till the dosa turns light brown in colour.
4. Spread 2 tsp of the prepared green chutney and spread it evenly over it. Cook it on a medium flame for 1 minute.
5. Place a portion of the prepared potato bhaji in the center and fold the dosa from 2 sides and press gently.
6. Serve immediately with sambhar.



Nutrient Values (Abbrv) Per Dosa

Energy	152 cal
Protein	12.2 g
Carbohydrates	16.2 g
Fiber	2.7 g
Fat	8.6 g
Cholesterol	0 mg
Sodium	12.4 mg

PANEER PARATHA

Preparation Time : 15 mins • Cooking Time : 20 mins • Total Time : 35 mins • Makes 6 parathas



INGREDIENTS

For the dough

- 1 1/4 cups whole wheat flour (gehun ka atta)
- 1 tbsp ghee
- Salt to taste
- Whole wheat flour (gehun ka atta) for rolling

To Be Mixed Into A Stuffing

- 1 cup grated paneer (cottage cheese)
- 3/4 cup finely chopped cabbage
- 2 tbsp finely chopped coriander (dhania)
- 1 1/2 tsp finely chopped green chillies
- Salt to taste

Other Ingredients

- Ghee for cooking



METHOD

For the dough

1. Combine all the ingredients in a deep bowl and knead into a semi-soft dough using enough water.
2. Divide the dough into 6 equal portions. Keep aside.

HOW TO PROCEED

1. Divide the stuffing into 6 equal portions
2. Roll a portion of the dough into a 75 mm. (3") diameter circle using a little whole wheat flour for rolling
3. Place a little stuffing in the centre of the circle
4. Bring together all the sides in the centre and seal tightly
5. Roll again into a circle of 125 mm. (5") diameter circle using a little whole wheat flour for rolling
6. Heat a non-stick tava (griddle) and cook the paratha using a little ghee until golden brown spots appear on both the sides
7. Repeat with the remaining dough and stuffing to make 5 more parathas
8. Serve immediately

Nutrient Values (Abbrev) Per Serving

Energy	189 cal
Protein	6.9 g
Carbohydrates	22.2 g
Fiber	3.6 g
Fat	8.5 g
Cholesterol	0 mg
Sodium	8 mg

FENUGREEK & MUSHROOM BROWN RICE

Preparation Time : 20 mins • Cooking Time : 20 mins • Total Time : 40 mins • Makes 6 servings



INGREDIENTS

- 2 cups finely chopped fenugreek (methi) leaves
- 1 cup sliced mushrooms (khumbh)
- 1 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 1/2 cup brinjal (baingan / eggplant) cubes
- 1/2 cup surti papdi seeds (fresh vaal seeds)
- 1/2 tsp chilli powder
- Salt to taste
- 1 cup brown rice
- 2 tsp oil
- 2 tsp finely chopped green chillies
- 1 tsp finely chopped ginger (adrak)
- 1 tbsp finely chopped garlic (lehsun)

FOR SERVING

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a pressure cooker, add the green chillies, ginger, garlic, and onions and sauté on a medium flame for 2 minutes.
2. Add the fenugreek leaves, mushrooms, tomatoes, brinjals, surti papadi seeds, and chilli powder, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
3. Add the brown rice, 2¼ cups of hot water and salt, mix well and pressure cook for 4 whistles.
4. Allow the steam to escape before opening the lid.
5. Serve hot garnished with coriander.

Nutrient Values (Abbrv) Per Serving

Energy	151 cal
Protein	3.9 g
Carbohydrates	27.6 g
Fiber	3.3 g
Fat	2.8 g
Cholesterol	0 mg
Sodium	19.9 mg



STUFFED BHINDI PANEER

Preparation Time : 20 mins · Cooking Time : 16 mins · Total Time : 36 mins · Makes 4 servings



METHOD

1. Stuff each piece of ladies finger with a little paneer stuffing and keep aside.
2. Heat 2 tsp of oil in a non-stick kadhai and add the stuffed ladies fingers. Cover with a lid and cook on a medium flame for 8 to 10 minutes or till the ladies finger is cooked, while stirring occasionally. Remove the ladies finger and keep aside.
3. Heat the remaining 1 tsp of oil in the same non-stick kadhai, add the onions and sauté on a medium flame for 1 to 2 minutes.
4. Add the ginger paste, garlic paste, chilli powder and 2 tbsp of water and sauté on a medium flame for a few more seconds.
5. Add the tomatoes, garam masala and salt, mix well and cook on a medium flame for 1 minute, while stirring once in between.
6. Add the stuffed and sautéed ladies finger, mix well and cook on a medium flame for another 1 to 2 minutes, while stirring occasionally and gently.
7. Serve hot.

INGREDIENTS

- 5 cups ladies finger (bhindi), cut into 2 pieces and slit
- 3 tsp oil
- 1/2 cup grated onions
- 1 tsp ginger (adrak) paste
- 2 tsp garlic (lehsun) paste
- 1 tsp chilli powder
- 1 cup blanched and chopped tomatoes
- 5 cups ladies finger (bhindi), cut into 2 pieces and slit
- 3 tsp oil
- 1/2 cup grated onions
- 1 tsp ginger (adrak) paste
- 2 tsp garlic (lehsun) paste
- 1 tsp chilli powder
- 1 cup blanched and chopped tomatoes
- 1/2 tsp garam masala
- Salt to taste

To Be Mixed Together Into A Paneer Stuffing

- 1 1/4 cups grated low-fat paneer (cottage cheese)
- 1/4 cup finely chopped coriander (dhania)
- 1 tsp finely chopped green chillies
- Salt to taste

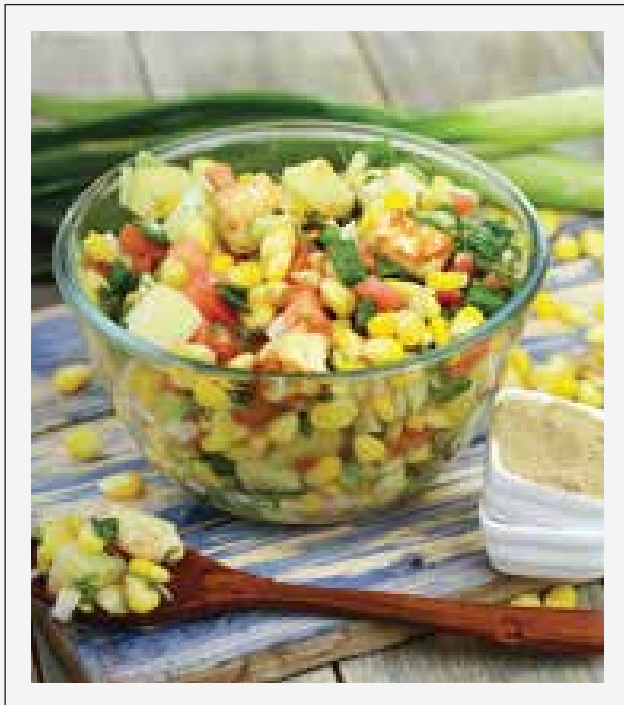


Nutrient Values (Abbrv) Per Serving

Energy	95 cal
Protein	3.8 g
Carbohydrates	10.8 g
Fiber	3.8 g
Fat	4.1 g
Cholesterol	0 mg
Sodium	35.9 mg

PANEER AND CORN CHATPATA SALAD

Preparation Time : 15 mins • Cooking Time : 2 mins • Total Time : 17 mins • Makes 6 servings



INGREDIENTS

- 1/2 cup paneer (cottage cheese) cubes
- 1 1/2 cups boiled sweet corn kernels (makai ke dane)
- 2 tsp chaat masala
- 1 tbsp oil
- 1 cup boiled potato cubes
- 1 cup chopped spring onions whites and greens
- 3/4 cup chopped tomatoes
- 1/2 tsp lemon juice
- 1/2 tsp finely chopped green chillies
- 1 tbsp finely chopped coriander (dhania)
- Salt to taste

METHOD

1. Heat the oil in a broad non-stick pan, add the paneer cubes and sauté on a medium flame for 2 minutes while stirring occasionally or till light brown in colour. Remove and keep aside to cool.
2. Combine all the ingredients, including the paneer in a deep bowl and toss gently.
3. Serve immediately.

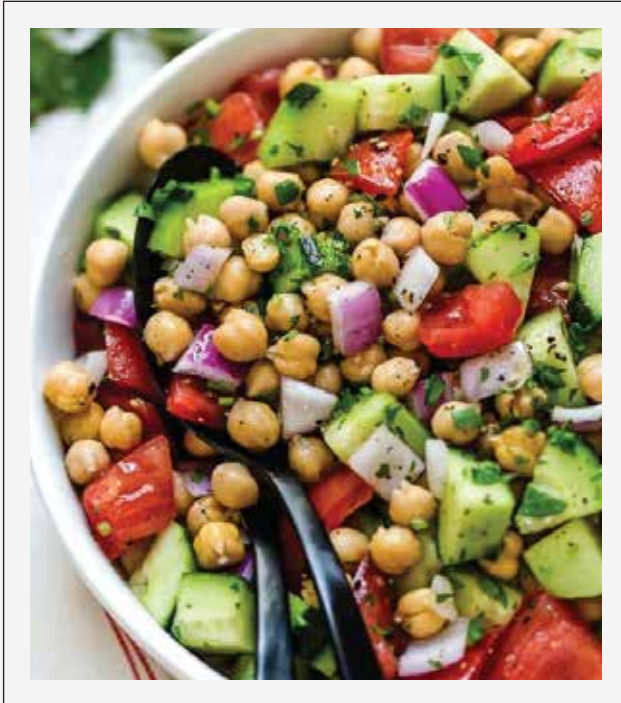


Nutrient Values (Abbrev) Per Serving

Energy	110 cal
Protein	3.3 g
Carbohydrates	13.4 g
Fiber	1.6 g
Fat	5.4 g
Cholesterol	0 mg

CHICKPEA SALAD

Soaking Time: Overnight Preparation Time: 15 mins Cooking Time: 20 mins
Total Time: 8 hours 35 minutes Makes 4 servings



INGREDIENTS

- 2 cups soaked, drained and boiled kabuli chana (white chick peas)
- 3/4 cup tomato cubes
- 1 cup cucumber cubes
- 3/4 cup chopped spring onion greens and whites
- salt to taste

For The Mint Dressing

- 1/2 cup chopped mint leaves (phudina)
- 1/2 cup chopped coriander (dhania)
- 1/2 tsp sugar
- 2 tbsp low fat curds (dahi)
- salt to taste
- freshly ground black pepper (kalimirch) to taste

Method

For the mint dressing

1. Combine all the ingredients and blend in a mixer to a smooth paste using a little water. Keep aside.

How to proceed

1. To make indian chickpea salad for weight loss, combine all the ingredients in a bowl, add the mint dressing and toss well.
2. Serve the indian chickpea salad for weight loss immediately or chilled.

METHOD

Preparation for the chickpea salad

1. To make the Indian chickpea salad for weight loss | kabuli chana salad with pudina dressing | healthy chickpea salad for weight loss, wash and soak 1 cup of kabuli chana overnight in a deep bowl
2. In the morning, drain well using a strainer
3. Transfer the soaked chana to a pressure cooker.
4. Add the salt and 3 cup of water.
5. Pressure cook it for 3 to 4 whistles over a medium flame or until they are soft. Allow the steam to escape naturally and then carefully open the lid
6. Drain the boiled kabuli chana using a strainer and keep aside
7. Chop the tomato and cucumber into cubes.
8. Also, chop spring onion greens and whites.
9. For the mint dressing, we will be using fresh mint leaves and coriander leaves. Pick and clean the bunch of these leafy greens.
10. Wash them thoroughly, pat them dry and chop them. Measure 1/2 cup each and keep aside.

For the mint dressing

1. For preparing a refreshing mint dressing, in a mixer jar, take chopped mint leaves.
2. Add chopped coriander.
3. Next, add 2 tbsp of low-fat curds. This increases the tanginess of the chickpea salad and also adds in protein and calcium to that bowl.
4. Season it with salt and freshly ground black pepper.
5. Grind to a smooth paste using a little water and keep aside. You can refrigerate this dressing until serving if not using it immediately

How to make chickpea salad with mint dressing

1. To make kabuli chana salad with phudina dressing, in a bowl take 2 cups of drained and boiled kabuli chana. You can even use kala chana or any other pulses.
2. Add tomato cubes. Mint, coriander and tomato increase the folic acid and vitamin A content of this chickpea salad recipe.
3. Add cucumber cubes.
4. Add chopped spring onion greens and whites.
5. Add salt to taste. Be careful while adding salt as the dressing and also, the boiled chana has salt already.
6. Add the prepared mint puree.
7. Toss gently using two spoons and our kabuli chana salad with mint dressing is ready.
8. Transfer to a serving bowl and serve chickpea salad with mint dressing. You can relish it immediately or put it in a refrigerator for a while and enjoy a chilled bowl of chickpea salad.

Nutrient Values (Abbrev) Per Serving

Energy	167 cal
Protein	8.1 g
Carbohydrates	28.5 g
Fiber	13.4 g
Fat	2.3 g
Cholesterol	0 mg
Sodium	21.8 mg



GREEK SALAD WITH A TWIST

Preparation Time: 15 mins Cooking Time: 0 mins Total Time: 15 mins Makes 4 tikkis



INGREDIENTS

- 2 cups cooked chickpeas
- 2 cucumbers chopped
- 1 cup Feta cheese cut in small squares
- 1 cup chopped kalamata olives
- 1 cup chopped cherry tomatoes
- 1 cup chopped green peppers
- 1/2 cup finely chopped red onion
- 2 lemons juiced
- Olive oil, apple cider vinegar (or any other kind you like), oregano, salt and pepper

METHOD

1. Place all the ingredients on a big salad bowl and mix well. Make sure you add the Feta cheese at the end, even after the dressing.
2. For the dressing I use double the amount of olive oil than apple cider vinegar. Start by adding the lemon juice first. Then add the olive oil and vinegar, mix well, and taste. Use the amount of dressing according to your personal taste. Season also with some oregano, salt and pepper.

Nutrient Values (Abbrev) Per Serving

Energy	139 cal
Protein	7.5 g
Carbohydrates	10.5 g
Fiber	3.5 g
Fat	8.75 g
Cholesterol	25 mg
Sodium	621 mg

HEALTHY BROCCOLI FRIED RICE

Preparation Time: 5 mins Cooking Time: 6 mins Total Time: 11 mins Makes 3 servings



INGREDIENTS

- 1 cup blanched broccoli florets
- 2 cups cooked brown rice
- 2 tsp oil
- 2 tsp finely chopped garlic (lehsun)
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/4 cup thinly sliced onions
- 1 tsp finely chopped ginger (adrak)
- 1 tsp finely chopped green chillies
- 1/2 cup sliced coloured capsicum
- 1 tsp soy sauce
- Salt to taste

METHOD

1. To make healthy broccoli fried rice, heat the oil in a broad non-stick pan, add the garlic and dry red chillies and sauté on a medium flame for 30 seconds.
2. Add the onions, ginger and green chillies and sauté on a medium flame for 1 minute.
3. Add the capsicum and sauté on a medium flame for 1 minute.
4. Add the broccoli and sauté on a medium flame for 1 minute.
5. Add the brown rice, soy sauce and salt, mix gently and cook on a medium flame for 2 minutes.
6. Serve the healthy broccoli fried rice hot.



Nutrient Values (Abbrev) Per Serving

Energy	182 cal
Protein	3.8 g
Carbohydrates	31.8 g
Fiber	2 g
Fat	4.5 g
Cholesterol	0 mg
Sodium	118.4 mg

DAL FRY + RICE

Soaking Time: 2 hours Preparation Time: 10 mins Cooking Time: 22 mins Total Time: 2 hours 32 minutes
Makes 4 servings



INGREDIENTS

- 1/4 cup yellow moong dal (split yellow gram), washed, soaked for 2 hours and drained
- 1 cup masoor (split red lentil) dal, washed, soaked for 2 hours and drained
- 1/4 tsp turmeric powder (haldi)
- 2 green chillies, slit
- 1 tsp grated ginger (adrak)
- 1 tsp grated garlic (lehsun)
- Salt to taste
- 3 tbsp ghee
- 1/2 tsp mustard seeds (rai / sarson)
- 1/2 tsp nigella seeds (kalonji), optional
- 1 whole dry kashmiri red chilli
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 1/2 tsp chilli powder

For The Garnish

- 1 tbsp finely chopped coriander (dhania)



METHOD

1. To make dal fry, combine the dals, 2½ cups of water, turmeric powder, green chillies, ginger, garlic and salt in a pressure cooker, mix well and pressure cook for 2 whistles.
2. Allow the steam to escape before opening the lid and keep aside.
3. Heat the 2 tbsp ghee in a deep non-stick kadhai, add the mustard seeds, nigella seeds and dry kashmiri red chilli and sauté on a medium flame for a few seconds.
4. Add the onions and sauté on a medium flame for 2 to 3 minutes or till the onions turn translucent.
5. Add the tomatoes and ¼ cup of water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
6. Add the cooked dal mixture and 1½ cups of water, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
7. Heat the remaining 1 tbsp ghee in a small non-stick pan, add the chilli powder, immediately pour over the dal and mix well.
8. Serve the dal fry immediately garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	245 cal
Protein	13.1 g
Carbohydrates	32.6 g
Fiber	5.4 g
Fat	7 g
Cholesterol	0 mg
Sodium	8.8 mg

SPINACH AND GREEN PEA PULAV

Preparation Time : 15 mins • Cooking Time : 5 mins • Total Time : 20 mins • Makes 6 servings



INGREDIENTS

- 2 cups shredded spinach (palak)
 - 1/2 cup boiled green peas
 - 3 cups cooked rice (chawal)
 - 1 tbsp ghee
 - 1/2 cup thinly sliced onions
 - 2 tsp finely chopped green chillies
 - Salt to taste
- To Be Ground Into A Smooth Paste (using Little Water)
- 1 cup finely chopped coriander (dhania)
 - 1/2 tbsp grated fresh coconut
 - 3 green chillies , roughly chopped
 - 1/2 tbsp lemon juice
 - 1/2 tsp sugar
 - Salt to taste

FOR SERVING

Fresh curd / raita

METHOD

1. Heat the ghee in a broad non-stick pan, add the onions and sauté on a medium flame for 1 minute.
2. Add the green chillies and spinach and sauté on a medium flame for 2 minutes.
3. Add the paste, rice, green peas and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
4. Serve hot with fresh curds or raita.

Nutrient Values (Abbrev) Per Serving

Energy	145 cal
Protein	3.4 g
Carbohydrates	26.3 g
Fiber	3.1 g
Fat	2.9 g
Cholesterol	0 mg



LAHSONI MOONG DAL

Prep Time : 5 Minutes • Cook Time : 20 Minutes • Total Time : 25 Minutes • Servings : 4 Servings • Calories : 265 Kcal



METHOD

1. Wash the moong dal well and cook with the rest of the ingredients - turmeric powder, garlic, ginger, green chillies, tomato and salt along with about 2-3 cups of water.
2. Cook till the dal is well cooked and mushy. Mash the dal with the back of a spoon till its all a homogeneous mixture.
3. Heat the oil for the seasoning / tadka in a pan and add the cumin seeds to it. Once it splutters, add the red chilli powder and the garlic slices. Remove from heat and let the garlic slices become crispy in the hot oil.
4. Pour this over the dal mixture and serve immediately with rotis or rice.

INGREDIENTS

- 1 cup moong dal
- 1/2 tsp turmeric powder
- 4 cloves garlic peeled and crushed
- 2 Thai green chillies sliced
- 1 inch piece ginger crushed
- 1 tomato chopped
- salt to taste

FOR THE TEMPERED SEASONING

- 1 tsp cumin seeds
- 1/2 tsp red chilli powder / cayenne
- 3 cloves garlic peeled and sliced
- 2 tbsp oil / ghee (skip ghee is making a vegan recipe)

Nutrient Values (Abbrv) Per Serving

Calories	265
Calories from Fat	63
% Daily Value*	
Total Fat 7g	11%
Sodium 86mg	4%
Potassium 748mg	21%
Total Carbohydrates 37g	12%
Dietary Fiber 9g3	6%
Sugars 5g	
Protein 13g	26%
Vitamin A	8.2%
Vitamin C	13.4%
Calcium	8.6%
Iron	22.7%

SPROUTED MATKI RICE

Preparation Time : 15 mins • Cooking Time : 13 mins • Total Time : 28 mins • Makes 3 servings



INGREDIENTS

- 1 cup sprouted matki (moath beans)
- 1 cup cooked long grained rice (basmati)
- 1 tbsp oil
- 2 cloves (laung / lavang)
- 2 cardamoms
- 1 small stick cinnamon (dalchini)
- 1/4 tsp asafoetida (hing)
- 1 tsp finely chopped green chillies
- 1/2 tsp finely chopped ginger (adrak)
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped capsicum
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander (dhania) powder
- Salt to taste

For The Garnish

- 2 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil in a broad non-stick pan, add the cloves, cardamom, cinnamon and asafoetida and sauté on a medium flame for a few seconds.
2. Add the green chillies ginger, capsicum and onions and sauté on a medium flame for 2 to 3 minutes.
3. Add the turmeric powder, chilli powder, coriander powder and sauté on a medium flame for a few seconds.
4. Add the sprouted matki, salt and ¼ cup of water, mix well and cover with a lid and cook on a medium flame for 5 to 7 minutes, while stirring occasionally.
5. Add the rice, toss gently and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrv) Per Serving

Energy	319 cal
Protein	8.8 g
Carbohydrates	58.5 g
Fiber	3.8 g
Fat	5.6 g
Cholesterol	0 mg

MASALA MIXED SPROUTS SALAD WITH COCONUT

Preparation Time : 10 mins • Cooking Time : 10 mins • Total Time : 20 mins • Makes 4 servings



INGREDIENTS

- 1 cup boiled mixed sprouts
- 1/2 cup freshly grated coconut
- 1/2 cup finely chopped coriander (dhania)
- 1/2 cup grated carrot
- 1 1/2 tsp finely chopped green chillies
- 1 1/2 tsp lemon juice
- 1 tsp chaat masala (optional)
- Salt and freshly ground black pepper (kalimirch) to taste

METHOD

1. Combine all the ingredients in a deep bowl and toss well.
2. Serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	105 cal
Protein	3.4 g
Carbohydrates	10.4 g
Fiber	4.4 g
Fat	5.6 g
Cholesterol	0 mg

ALOO MATAR KI SABJI

Preparation Time: 10 mins • Cooking Time: 20 mins • Total Time: 30 mins • Makes 4 servings



INGREDIENTS

For Aloo Matar

- 1 1/2 cups potatoes boiled, peeled and cubed
- 1 cup boiled green peas
- 1/2 tsp cumin seeds (jeera)
- 3/4 cup chopped onions
- 1 tsp finely chopped ginger (adrak)
- 1 tsp green chilli paste
- 1/2 tsp finely chopped garlic (lehsun)
- 1 cup chopped tomatoes
- A pinch of turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 2 tbsp oil
- salt to taste

For The Garnish

- 1 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil and add the cumin seeds and allow them to crackle. When they crackle, add the onions and sauté till they are translucent.
2. Add the garlic, ginger, green chilli paste and tomatoes and simmer till the tomatoes are cooked. Mash lightly using a potato masher and add 1 tbsp water.
3. Add the green peas, potatoes, salt, chilli powder, garam masala and cook for 3 to 4 minutes.
4. Add 1 cup of water and allow it to come to a boil.
5. Mash 2 to 3 pieces of potatoes in the pan to thicken the gravy. Simmer till the aloo matar gravy thickens.
6. Garnish the aloo matar with the coriander and serve hot with rotis or parathas.

Nutrient Values (Abbrev) Per Serving

Energy	155 cal
Protein	3.7 g
Carbohydrates	17.7 g
Fiber	4.4 g
Fat	7.7 g
Cholesterol	0 mg
Sodium	12.6 mg

PANEER AND CORN CHATPATA SALAD

Preparation Time : 15 mins • Cooking Time : 2 mins • Total Time : 17 mins • Makes 6 servings



INGREDIENTS

- 1/2 cup paneer (cottage cheese) cubes
- 1 1/2 cups boiled sweet corn kernels (makai ke dane)
- 2 tsp chaat masala
- 1 tbsp oil
- 1 cup boiled potato cubes
- 1 cup chopped spring onions whites and greens
- 3/4 cup chopped tomatoes
- 1/2 tsp lemon juice
- 1/2 tsp finely chopped green chillies
- 1 tbsp finely chopped coriander (dhania)
- Salt to taste

METHOD

1. Heat the oil in a broad non-stick pan, add the paneer cubes and sauté on a medium flame for 2 minutes while stirring occasionally or till light brown in colour. Remove and keep aside to cool.
2. Combine all the ingredients, including the paneer in a deep bowl and toss gently.
3. Serve immediately.



Nutrient Values (Abbrev) Per Serving

Energy	110 cal
Protein	3.3 g
Carbohydrates	13.4 g
Fiber	1.6 g
Fat	5.4 g
Cholesterol	0 mg

MASOOR, BEET, ZUCCHINI, PEPPER SALAD

Preparation Time : 15 mins • Cooking Time : 2 mins • Total Time : 17 mins • Makes 1 servings



INGREDIENTS

- 1/4 cup whole masoor (whole red lentil) soaked and cooked
- 1/4 cup boiled beetroot cubes
- 1/4 cup zucchini cubes
- 1/2 cup colored capsicum cubes
- 1 tsp olive oil
- 1/4 cup carrot cubes
- 1 cup iceberg lettuce, torn into pieces
- 1/4 cup shredded red cabbage
- 1/4 cup cherry tomato halves
- 2 tbsp crumbled feta cheese (optional)

To Be Mixed Into A Dressing

- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and to taste

METHOD

1. Heat the olive oil in a broad non-stick pan, add the carrot and zucchini and sauté on a medium flame for 1 minute.
2. Add the capsicum and sauté on a medium flame for 1 minute.
3. Cool put in a lunch box, along with other ingredients. It can be taken to work with a dressing in a separate small container.
4. Just before eating, mix the dressing and toss well. Eat immediately.

Nutrient Values (Abbrv) Per Serving

Energy	380 cal
Protein	16.6 g
Carbohydrates	38.2 g
Fiber	9.4 g
Fat	11 g
Cholesterol	0 mg
Sodium	71 mg

VEGETABLE BULGUR WHEAT KHICHADI

Preparation Time: 15 mins Cooking Time: 20 mins Total Time: 35 mins Makes 2 servings



INGREDIENTS

- 1/2 cup broken wheat (dalia)
- 1 tsp oil
- 1/2 tsp cumin seeds (jeera)
- A pinch of asafoetida (hing)
- 1/2 tsp finely chopped ginger (adrak)
- 1 tsp finely chopped garlic (lehsun)
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped tomatoes
- 1/4 cup finely chopped cauliflower
- 1/4 cup finely chopped bottle gourd (doodhi / lauki)
- 1/2 tsp chilli powder
- 1/8 tsp turmeric powder (haldi)
- 1/8 tsp salt

METHOD

1. Put the bulgur wheat in a broad non-stick pan and dry roast on a medium flame for 2 to 3 minutes. Keep aside.
2. Heat the oil in a pressure cooker, add the cumin seeds and asafoetida and saute on a medium flame for 30 seconds.
3. Add the ginger, garlic and onions and saute on a medium flame for 1 minute.
4. Add the tomatoes, cauliflower and bottle gourd, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
5. Add the bulgur wheat, chilly powder, turmeric powder, salt and 2 cups of water, mix well and pressure cook for 3 whistles.
6. Allow the steam to escape before opening the lid.
7. Add 5 tbsp of water, mix well and cook on a medium flame for 1 minute while mashing the khichdi lightly.
8. Serve hot.

Nutrient Values (Abbrv) Per Serving

Energy	174 cal
Protein	3.9 g
Carbohydrates	32.2 g
Fiber	2 g
Fat	3.2 g
Cholesterol	0 mg
Sodium	208.9 mg

CUCUMBER, CARROT, CURD RICE

Preparation Time : 10 mins • Cooking Time : 1 mins • Total Time : 11 minss • Makes 3 servings



INGREDIENTS

- 1 cup grated carrot
 - 1/2 cup finely chopped cucumber
 - 1 cup fresh curds (dahi) , whisked
 - 1 cup leftover cooked rice (chawal)
 - 2 tbsp milk
 - 1/4 cup finely chopped coriander (dhania)
 - Salt to taste
- For The Tempering
- 1 tbsp oil
 - 1 tsp mustard seeds (rai / sarson)
 - 2 tsp urad dal (split black lentils)
 - 2 whole dry kashmiri red chillies , broken
 - 1/4 tsp asafoetida (hing)



METHOD

1. Put the rice in a large bowl and mash with a potato masher till smooth.
2. Add the curds, milk, cucumber, carrots, coriander and salt and mix well. Keep aside.
3. Heat the oil in a small pan and add the mustard seeds.
4. When the seeds crackle, add the urad dal, red chillies and asafoetida and sauté for a few seconds.
5. Pour this tempering over the rice mixture and mix well. Refrigerate for at least 1 hour.
6. Serve chilled.

Nutrient Values (Abbrev) Per Serving

Energy	226 cal
Protein	5.3 g
Carbohydrates	22 g
Fiber	2.9 g
Fat	11.2 g

BEETROOT RASAM WITH RICE

Preparation Time: 15 mins Cooking Time: 20 mins Total Time: 35 mins Makes 4 servings



INGREDIENTS

- 1 Gooseberry Size Tamarind
- ¼ tsp Turmeric Powder
- 1.5 tsp Salt Adjust As Needed
- a Pinch Asafoetida (Asafetida / Hing)
- 1 Beetroot Chopped
- 1 Tomato Chopped
- 1 Green Chili
- 1 tbsp Coriander Leaves For Garnishing

FOR RASAM SPICE POWDER

- 1 tbsp Coriander seeds
- 2 Red Chili
- 1 tsp Cumin Seeds
- 1 tsp Peppercorns

Few Curry leaves

FOR TEMPERING

- 2 tsp Ghee
- 1 tsp Mustard Seeds
- 1 Red Chili
- Few Curry leaves

METHOD

PREPARE TAMARIND JUICE

1. Soak tamarind in warm water for about 10 mins and extract the juice and set aside

COOKING BEETROOT

1. Take chopped beetroot in a vessel. Pressure cook for 2 whistles or till its soft. We can use microwave to cook the chopped beetroot. Set the cooked beetroot aside

PREPARING RASAM SPICE POWDER

1. Dry roast coriander seeds, cumin seeds, pepper, red chili and curry leaves till the coriander seeds become light brown.
2. Grind the roasted ingredients to a coarse powder.

GRINDING BEETROOT AND TOMATO

1. Take the cooked Beetroot and chopped tomato in a mixer jar and grind it to paste

MAKING RASAM

1. Take the tamarind juice in a sauce pan. Add slit green chili, salt, half of the spice powder along with asafoetida to the tamarind juice.
2. Boil the tamarind for juice for 5 mins to get rid of its raw smell.
3. Add the ground beetroot with tomato paste to the rasam. Adjust the consistency of the rasam by adding water.
4. Now, add the rest of the rasam powder. Keep in flame till the frothy layer forms on top of the rasam. Switch off the rasam without brining it to boil.

TEMPERING PROCESS

1. Heat ghee in a pan. Add mustard seeds and allow it to sputter. Then add the red chili, curry leaves and switch off the flame.
2. Add this tempering to rasam. Finally garnish with coriander leaves.

Nutrient Values (Abbrev) Per Serving

Energy	70 cal
Protein	2 g
Carbohydrates	13 g
Fat	1 g
Cholesterol	0 mg

HEALTHY MOONG CHAAT

Preparation Time: 10 mins Cooking Time: 8 mins Total Time: 18 mins Makes 2 servings



INGREDIENTS

For Healthy Moong Chaat

- 1 cup sprouted moong (whole green gram)
- 1 tsp oil
- 1/4 tsp mustard seeds (rai / sarson)
- 1/4 tsp cumin seeds (jeera)
- A few curry leaves (kadi patta)
- 1/4 cup finely chopped onions
- 1 tsp ginger-garlic (adrak-lehsun) paste
- 1/2 tsp chilli powder
- A pinch of turmeric powder (haldi)
- 1/2 tsp coriander-cumin seeds (dhania-jeera) powder
- 1/4 cup chopped tomatoes
- Salt to taste

For Serving

- 4 tbsp fresh whisked curds (dahi)
- Salt to taste
- 2 tbsp finely chopped onions
- 2 tbsp chopped tomatoes
- 2 tbsp finely chopped coriander (dhania)
- 2 pinches chilli powder

METHOD

1. To make healthy moong chaat, heat the oil in a broad non-stick pan and add the mustard seeds and cumin seeds.
2. When the seeds crackle, add the curry leaves and onions and sauté on a medium flame for 1 to 2 minutes.
3. Add the ginger-garlic paste, chilli powder, turmeric powder, coriander-cumin seeds powder, tomatoes, sprouted moong, 1/4 cup of water and salt, mix well and cook on a medium flame for 4 to 5 minutes or till the moong is partially cooked, while stirring occasionally.
4. Remove from the flame and allow it to cool slightly. Divide the sprouted mixture into two equal portions.
5. Place one portion of the sprouted moong mixture in a bowl, pour 2 tbsp of fresh curds and sprinkle a little salt, 1 tbsp of onions, 1 tbsp of tomatoes, 1 tbsp of coriander and a pinch of chilli powder over it.
6. Repeat step 5 to make 1 more serving.
7. Serve the healthy moong chaat immediately.



Nutrient Values (Abbrev) Per Serving

Energy	140 cal
Protein	7.9 g
Carbohydrates	20.4 g
Fiber	5.7 g
Fat	3 g
Cholesterol	0 mg
Sodium	12 mg

PESARATTU

Soaking Time: 4 hours Resting Time: 30 minutes Preparation Time: 10 mins Cooking Time: 32 mins
Total Time: 5 hours 12 minutes Makes 15 pesarattu



INGREDIENTS

- 2 cups whole moong (whole green gram), soaked for 4 hours and drained
- 1/4 cup rice (chawal), soaked for 4 hours and drained
- 2 tsp oil
- 1 cup finely chopped onions
- 1 tsp roughly chopped ginger (adrak)
- 1 tbsp roughly chopped green chillies
- Salt to taste
- Oil for cooking

For Serving

- Coriander coconut chutney

METHOD

1. Heat the oil in a broad non-stick pan, add the onions and sauté on a medium flame for 1 to 2 minutes. Keep aside.
2. Combine the ginger and green chillies in a mixer and blend till coarse.
3. Add the whole moong, rice and 1 cup of water and blend to a coarse mixture.
4. Transfer the mixture into a deep bowl, add 1 cup of water and salt and mix well. Cover with a lid and keep aside for 30 minutes.
5. Heat a non-stick tava (griddle), sprinkle a little water on the tava (griddle) and wipe it off gently using a muslin cloth.
6. Pour a ladleful of the mixture on the tava (griddle) and spread it evenly in a circular motion to make 125 mm. (6") diameter round.
7. Smear a little oil around the edges, sprinkle a little onions mixture evenly over it and cook on a medium flame, till the pesarattu turns golden brown in colour.
8. When the lower side of the pesarattu is lightly browned, turn it over and cook on a medium flame on the other side using a little oil till it turns golden brown in colour.
9. Fold over to make a semi-circle or a roll.
10. Repeat with the remaining batter to make 14 more pesarattu.
11. Serve immediately with coriander coconut chutney.

Nutrient Values (Abbrev) Per Pesarattu

Energy	145 cal
Protein	7.6 g
Carbohydrates	20.5 g
Fiber	5.3 g
Fat	3.6 g
Cholesterol	0 mg
Sodium	9.1 mg

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VEGETABLE KADAI & JOWAR BHAKRI

Preparation Time: 25 mins Cooking Time: 15 mins Total Time: 40 mins Makes 6 servings



INGREDIENTS

- 1/2 cup boiled potato cubes
- 1/2 cup boiled carrot cubes
- 1/2 cup chopped french beans
- 1/4 cup boiled green peas
- 1 1/2 cups kadai gravy
- 2 tbsp oil
- 1 bayleaf (tejpatta)
- 1 cup sliced onions
- 1 tsp chilli powder
- 1 tsp coriander (dhania) powder
- 1 tsp ginger (adrak) paste
- 1 tsp garlic (lehsun) paste
- 1 cup coloured capsicum cubes
- Salt to taste

METHOD

1. Heat the oil in a deep non-stick pan, add the bayleaf and onions and sauté on a medium flame for 4 minutes or till the onions turn golden brown in colour.
2. Add the chilli powder, coriander powder, ginger paste and garlic paste and sauté on medium flame for 1 minute.
3. Add the potatoes, carrots, french beans, green peas, capsicum and salt, mix well and cook on a medium flame for 5 minutes, while stirring occasionally.
4. Add the kadai gravy, mix well and cook on medium flame for 5 minutes, while stirring occasionally.
5. Serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	178 cal
Protein	2 g
Carbohydrates	9.1 g
Fiber	3.2 g
Fat	14.8 g
Cholesterol	0 mg
Vitamin A	675.4 mcg
Vitamin B1	0.3 mg
Vitamin B2	0.1 mg
Vitamin B3	0.6 mg
Vitamin C	62.4 mg
Folic Acid	36.2 mcg
Calcium	63.6 mg
Iron	1 mg
Magnesium	0 mg
Phosphorus	0 mg
Sodium	16.3 mg
Potassium	193.6 mg
Zinc	0.2 mg



SPICY SPROUTS PULAO



INGREDIENTS

- 1 cup mixed sprouts (moong , matki , chana , rajma etc.)
- 1/2 cup brown rice, soaked for 30 minutes and drained
- 1 tsp oil
- 1 bayleaf (tejpatta)
- 1 clove (laung / lavang)
- 1 small stick cinnamon (dalchini)
- 1/2 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 1/2 cup finely chopped onions
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- Salt to taste

For The Garnish

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a pressure cooker, add the bayleaf, clove, cinnamon and cumin seeds and sauté on a medium flame for 30 seconds.
2. Add the ginger-green chilli paste and onions and sauté on a medium flame for 2 minutes.
3. Add the brown rice and mixed sprouts and sauté on a medium flame for 2 minutes.
4. Add the turmeric powder, chilli powder, coriander-cumin seeds powder, salt and 1 cup of hot water, mix well and pressure cook for 3 whistles.
5. Allow the steam to escape before opening the lid.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	158 cal
Protein	6.1 g
Carbohydrates	28.7 g
Fiber	1.7 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	6.8 mg

METHICHI PATAL BHAJI

Preparation Time : 10 mins • Cooking Time : 12 mins • Total Time : 22 mins • Makes 2 servings



METHOD

1. Combine the raw peanuts and enough warm water for 15 minutes. Drain and keep aside.
2. Combine the besan and 1½ cups of water in a deep bowl, mix well and keep aside.
3. Heat the oil in a deep non-stick kadhai and add the mustard seeds.
4. When the seeds crackle, add the cumin seeds, asafoetida and sauté on a medium flame for a few seconds.
5. Add the fenugreek leaves, turmeric powder and chilli powder, mix well and cover and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
6. Add the peanuts, besan-water mixture, sugar and salt, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally. Add the coriander, mix well and keep aside.
7. For the tempering, heat the oil in a small non-stick pan, add the coconut and sauté on a medium flame for 1 minute.
8. Add the garlic and sauté on a medium flame for 1 minute.
9. Add the tempering over the patal bhaji and cover with a lid and keep aside for 1 minute.
10. Mix well and serve immediately.

OTHER INGREDIENTS

- 2 tsp oil
- 1 1/2 tbsp sliced dry coconut (kopra)
- 1 1/2 tbsp chopped garlic (lehsun)

INGREDIENTS

- 1 cup chopped fenugreek (methi) leaves
- 1 tbsp raw peanuts
- 2 tbsp besan (bengal gram flour)
- 1 tbsp oil
- 1/2 tsp mustard seeds (rai / sarson)
- 1/2 tsp cumin seeds (jeera)
- 1/4 tsp asafoetida (hing)
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp sugar
- salt to taste
- 1 tbsp chopped coriander (dhania)

Nutrient Values (Abbrev) Per Serving

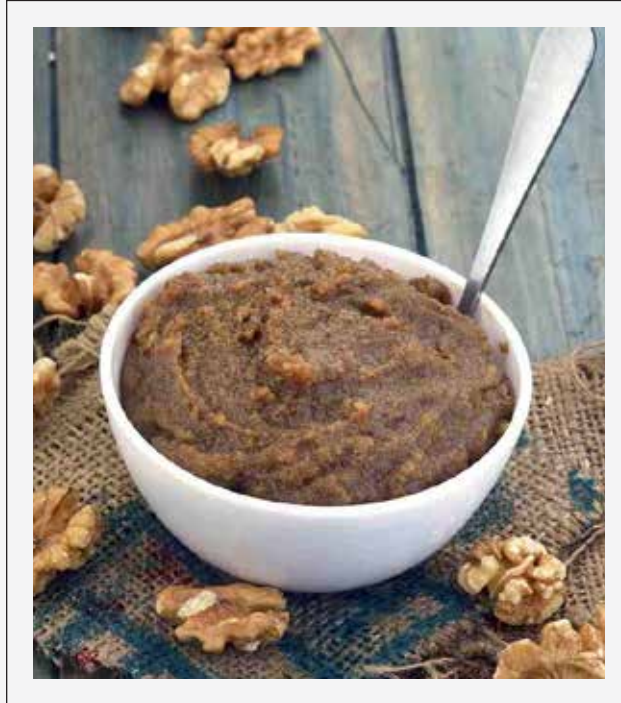
Energy	205 cal
Protein	4.1 g
Carbohydrates	12.9 g
Fiber	3.8 g
Fat	15.3 g
Cholesterol	0 mg
Sodium	22.6 mg



Dessert

WALNUT SHEERA

Preparation Time: 10 mins Cooking Time: 10 mins Total Time: 20 mins Makes 0.75 cup



INGREDIENTS

- 1 cup coarsely crushed walnuts (akhrot)
- 2 tbsp melted ghee
- 1/2 cup milk
- 1/4 cup sugar
- 1/4 tsp cardamom (elaichi) powder

METHOD

1. Heat the ghee in a deep non-stick kadhai, add the walnuts, mix well and cook on a slow flame for 5 minutes, while stirring occasionally.
2. Add the milk and sugar, mix well and cook on a slow flame for 5 minutes, while stirring continuously.
3. Switch off the flame, add the cardamom powder and mix well.
4. Serve warm.

Nutrient Values (Abbrev) Per Tbsp

Energy	111 cal
Protein	1.8 g
Carbohydrates	5.6 g
Fiber	0.2 g
Fat	8.8 g
Cholesterol	1.5 mg
Sodium	1.7 mg

UKADICHE MODAK

Preparation Time: 15 mins Cooking Time: 30 mins Total Time: 45 mins Makes 21 modaks



INGREDIENTS

For The Modak Dough

- 2 cups rice flour (chawal ka atta)

For The Modak Filling

- 1 1/4 cups grated jaggery (gur)
- 2 cups freshly grated coconut
- 1 tbsp poppy seeds (khus-khus)
- 1/2 tsp cardamom (elaichi) powder

Other Ingredients For Modak

- 1 tsp ghee for kneading and greasing

Handy tip:

- These modaks stay fresh for a day at room temperature and for 2 days if refrigerated.
- Modak moulds are easily available in local “steel utensils and appliances” shops.
- Two types of moulds are available i. e. Plastic and stainless steel. Plastic moulds range between ₹10 to ₹30. Stainless steel moulds range between ₹40 to ₹70.

METHOD

For the dough

1. Boil 1 3/4 cups of water in a deep non-stick pan.
2. Place the rice flour in a deep bowl and add the boiled water gradually. Mix well using a spoon in the beginning and then knead into a soft and smooth dough.
3. Cover with a lid and keep aside for 10 minutes.

For the filling

1. Heat a deep non-stick pan, add the jaggery and cook on a slow flame for 1 to 2 minutes or till the jaggery melts, while stirring continuously.
2. Add the coconut, poppy seeds and cardamom powder, mix well and cook on a slow flame for 4 to 5 minutes or till all the moisture evaporates and the mixture thickens. Keep aside to cool slightly.
3. Divide the filling into 21 equal portions and keep aside.

How to proceed

1. Knead the dough once again using 1/2 tsp of ghee and keep aside.
2. Grease a modak mould using very little ghee and close it.
3. Take a portion of the dough, press it into the cavity of the modak mould till it is evenly lined on all the sides.
4. Fill the dough cavity with a portion of the filling.
5. Take a smaller portion of the dough and spread it evenly at the base of the modak mould so as to seal the filling.
6. Demould the modak from the modak mould.
7. Repeat steps 2 to 7 to make the remaining 20 modaks.
8. Place a steamer plate in a steamer and place a banana leaf on it.
9. Moisten all the modaks with little water using your finger tips.
10. Place 10 modaks on the banana leaf and steam on a medium flame for 10 minutes.
11. Repeat step 10 to make 11 more modaks in 1 more batch.
12. Serve warm



Nutrient Values (Abbrev) Per Modak

Energy	126 cal
Protein	1.2 g
Carbohydrates	20.1 g
Fiber	1.6 g
Fat	4.4 g
Cholesterol	0 mg
Sodium	1.9 mg

ROSE RICE PUDDING



INGREDIENTS

- 120 g risotto or pudding rice
- 800 ml unsweetened almond milk , or regular milk, plus an extra splash
- 4 tablespoons maple syrup or runny honey
- 1 teaspoon vanilla paste , (or you can scrape out the seeds from a vanilla pod, if you have one)
- 1 handful of blueberries
- 1 ripe banana
- 3scoops of Rose Kheer formula 1

METHOD

1. Put the rice, milk, 200ml of water, half the maple syrup or honey and the vanilla into a large pan. Give it a good stir, then place the pan on a very low heat. Cook gently for around 45 minutes, or until thick and creamy, stirring regularly. Add Rose Kheer formula 1 and mix well to make lump free. Loosen the rice pudding with an extra splash of milk before serving, if needed. Peel and slice the banana, then serve the rice pudding scattered with the blueberries and banana and the remaining maple syrup or honey drizzled on top

Nutrient Values (Abbrev) Per Serving

Calories 224	11%
Fat 2.7g	4%
Saturates 0.2g	1%
Sugars 21.1g	23%
Salt 0.1g	2%
Protein 3.8g	8%
Carbs 46.4g	18%
Fibre 1.1g	-

DATES AND NUTS ROLL

Preparation Time: 5 mins Cooking Time: 10 mins Setting Time: 1 hour Total Time: 1 hour 15 mins Makes 22 ROLLS



INGREDIENTS

- 1½ cups Dates Chopped
- ¼ cup Cashews Chopped
- ¼ cup Almonds Chopped
- ¼ cup Walnuts Chopped
- ¼ cup Pistachios Chopped
- 2 tsp Ghee
- 2 tsp Grated Coconut Use Dry Coconut

METHOD

1. First heat a pan and dry roast all the chopped nuts till they are warm. Take these roasted nuts aside.
2. Again in the same pan, heat the ghee and add the chopped dates and in a medium flame sauté the dates till they are gooey and combined well. We can also grind the dates and then sauté them in ghee.
3. When the dates are nicely combined and becomes like a thick mixture, add the nuts and mix them well so that they get nicely combined with the dates.
4. Turn off the flame and allow the dates and nuts mixture to cool off till you can handle with the hands.
5. Take a parchment paper or a aluminum foil and place the dates and nuts mixture on it.
6. Then using your hands shape them into a cylinder or like a tree log shape.
7. We can sprinkle dry grated coconut now and coat the dates cylinder.
8. Cover the parchment paper or foil and keep it in refrigerator for an hour.
9. After 1 hour, take out the foil and unwrap it. Then using a sharp knife cut them like rolls.
10. Store the delicious Dates and Nuts Roll in an air-tight container and enjoy the healthy sweet!



Nutrient Values (Abbrev) Per Roll

Energy	81 cal
Protein	3 g
Carbohydrates	20 g
Fiber	4 g

GAJAR KA HALWA

Preparation Time: 20 mins Cooking Time: 25 mins Total Time: 45 mins Makes 0.75 cup



INGREDIENTS

For Gajar ka Halwa

- 2 cups thickly grated carrot
- 1 tbsp ghee
- 2 tbsp milk
- 4 tbsp sugar
- 4 tbsp grated mawa (khoya)
- 1 tbsp raisins (kismis)
- 1 tbsp chopped almonds (badam)
- 1/2 tsp cardamom (elaichi) powder

METHOD

1. To make gajar ka halwa, heat the ghee in a pressure cooker, add the carrots and sauté on a medium flame for 4 to 5 minutes, while stirring continuously.
2. Add the milk, mix well and pressure cook for 1 whistle.
3. Allow the steam to escape before opening the lid.
4. Transfer into a broad non-stick pan, add the sugar, mix well and cook on a high flame for 5 to 7 minutes, while stirring continuously.
5. Add the mawa, mix well and cook for more 1 to 2 minutes, while stirring continuously.
6. Add the raisins, almonds and cardamom powder and cook for another 1 minute.
7. Serve the gajar ka halwa hot or warm.



Nutrient Values (Abbrev) Per Serving

Energy	220 cal
Protein	4.7 g
Carbohydrates	26.8 g
Fiber	2 g
Fat	10.2 g
Cholesterol	1.2 mg
Sodium	17.3 mg

CHURMA LADOO



METHOD

1. Tear the rotis into pieces and blend it in a mixer to a coarse mixture. Keep aside
2. Heat the ghee in a broad non-stick pan, add the cashewnuts and sauté on a medium flame for 1 minute or till they are light brown in colour
3. Switch off the flame, add the jaggery and keep stirring it continuously till the jaggery melts completely
4. Add the chapatti mixture and cardamom powder and mix well. Keep aside to cool slightly for 2 minutes
5. Divide the mixture into 6 equal portions and shape each portion into a round laddoo by rolling them in between your palms

INGREDIENTS

- 6 leftover chapatis (6" inch)
- 1 tbsp melted ghee
- 2 tbsp chopped cashewnuts (kaju)
- 3 tbsp grated jaggery (gur)
- A pinch Of cardamom (elaichi) powder

Nutrient Values (Abbrev) Per Ladoo

Energy	165 cal
Protein	3.7 g
Carbohydrates	25.4 g
Fiber	2.7 g
Fat	5.8 g
Cholesterol	0 mg
Sodium	4.9 mg



PURAN POLI

Preparation Time: 10 mins Cooking Time: 60 mins Total Time: 1 hours 10 minutes Makes 15 puran polis



INGREDIENTS

For The Puran Poli Dough

- 2 cups whole wheat flour (gehun ka atta)
- 2 tbsp oil

For The Puran Poli Filling

- 1 cup tuvar (arhar) dal / Chana dal, wash and drained
- 1 1/4 cups chopped jaggery (gur)
- a few saffron (kesar) strands
- 2 tbsp ghee
- 1/4 tsp cardamom (elaichi) powder

Other Ingredients For Puran Poli

- whole wheat flour (gehun ka atta) for rolling
- ghee for smearing

METHOD

For the puran poli dough

1. Combine the flour and oil in a bowl and knead into a soft dough using enough water.
2. Divide the dough into 15 equal portions and keep aside.

For the puran poli filling

1. Dissolve the saffron in a 2 tsp water in a bowl, mix well and keep aside for 15 to 20 minutes.
2. Combine the dal with 1½ cups of water in a presser cooker, mix well and pressure cook for 3 whistles.
3. Allow the steam to escape before opening the lid.
4. Heat the ghee in a broad non-stick pan, add the dal and jiggery, mix well and cook on a medium flame for 10 to 12 minutes or till the mixture thickens, while stirring continuously and mashing at regular intervals.
5. Add the cardamom powder and saffron-water mixture and mix well.
6. Cool slightly and divide it into 15 equal portions. Keep aside.

How to proceed to make puran poli

1. To make puran poli, roll out one portion of the dough into a 100 mm. (4") diameter circle using a little whole wheat flour for rolling.
2. Place a portion of the filling in the center and fold the edges of the dough over the filling. Pinch the edges together to seal the filling.
3. Flatten the dough and roll again into a 100 mm. (4") diameter circle, using a little whole wheat flour for rolling.
4. Cook on a tava (griddle) over a medium flame, till it turns golden brown in colour from both the sides.
5. Repeat with the remaining dough and filling to make 14 more puran polis.
6. Smear a little ghee on each puran poli and serve hot.



Nutrient Values (Abbrev) Per Puran Poli

Energy	195 cal
Protein	4.6 g
Carbohydrates	30.8 g
Fiber	3.1 g
Fat	6.3 g
Cholesterol	0 mg
Sodium	6.6 mg

MOONG DAL PAYASAM

Preparation Time: 20 mins Cooking Time: 30 mins Total Time: 50 mins Makes 6 servings



INGREDIENTS

- 1/2 cup yellow moong dal (split yellow gram)
- 1 1/2 cups chopped jaggery (gur)
- 2 cups coconut milk
- 1/2 tsp cardamom (elaichi) powder
- 1/4 tsp dried ginger (soonth) powder
- 2 tbsp ghee
- 1 tbsp chopped coconut
- 2 tbsp broken cashewnuts (kaju)
- 1 tbsp raisins (kismis)

METHOD

1. To make thin coconut milk, combine 1 cup of coconut milk along with 1 cup of water in a deep bowl, mix well and keep aside.
2. Heat a broad non-stick pan, add the moong dal and dry roast on a medium flame for 3 minutes or till it turns light brown in colour.
3. Transfer the dal into a strainer and wash it well.
4. Combine the dal and 2 cups of water in a pressure cooker and pressure cook for 5 whistles.
5. Allow the steam to escape before opening the lid, mix well using a whisk and keep aside.
6. Heat a deep non-stick pan, add the cooked dal and jaggery, mix well and cook on a medium flame for 5 minutes, while stirring continuously.
7. Add the thin coconut milk, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
8. Add the remaining 1 cup of coconut milk, cardamom powder and dried ginger powder, mix well and cook on a medium flame for 1 minute, while stirring continuously. Keep aside.
9. For the tempering, heat the ghee in a small non-stick pan, add the coconut and sauté on a medium flame for few seconds.
10. Add the cashewnuts and sauté on a medium flame for 1 minute.
11. Add the raisins and sauté on a medium flame for few more seconds.
12. Pour the tempering over the prepared payasam and mix well.
13. Serve warm.

Nutrient Values (Abbrev) Per Serving

Energy	335 cal
Protein	4 g
Carbohydrates	47.6 g
Fiber	1.3 g
Fat	14.1 g
Cholesterol	0 mg
Sodium	4.2 mg

OATS AND DATES KHEER

Preparation Time : 10 mins • Cooking Time: 10 mins • Total Time : 20 mins • Makes 6 servings



INGREDIENTS

- 3/4 cup coarsely powdered quick cooking rolled oats
- 6 tbsp sliced dates (khajur)
- 3 cups cow's milk
- 1/2 tsp cardamom (elaichi) powder

METHOD

1. Heat the milk in a deep non-stick pan and bring it to boil.
2. Add the oats and dates, mix well and cook on a medium flame for 4 minutes, while stirring continuously.
3. Switch off the flame, add the cardamom powder and mix well.

Nutrient Values (Abbrv) Per Serving

Energy	171 cal
Protein	6 g
Carbohydrates	15.2 g
Fiber	1.9 g
Fat	7.2 g
Cholesterol	16 mg
Sodium	19 mg

OATS AND MIXED NUT LADOO



METHOD

1. Heat a broad non-stick pan, add the oats and dry roast on a medium flame for 3 minutes. Remove and keep aside to cool completely
2. Heat the same broad non-stick pan, add the sesame seeds and dry roast them on a medium flame for 2 minutes. Keep aside to cool completely
3. Heat the ghee and jaggery in the same broad non-stick pan, mix well and cook on a slow flame for 1 minute, while stirring continuously
4. Transfer the jaggery mixture into a flat thali and allow it to cool slightly
5. Add the roasted oats, roasted sesame seeds, walnuts, almonds and cardamom powder and mix very well
6. Add the milk and mix very well
7. Divide the mixture into 8 equal portions and roll out each portion into a round ball
8. Serve immediately

INGREDIENTS

- 1 cup quick cooking rolled oats
- 1 tbsp finely chopped walnuts (akhrot)
- 1 tbsp finely chopped almonds (badam)
- 2 tbsp sesame seeds (til)
- 2 tsp ghee
- 2 tbsp chopped jaggery (gur)
- 1/2 tsp cardamom (elaichi) powder
- 2 tbsp low-fat milk, 99.7% fat-free

Nutrient Values (Abbrv) Per Ladoo

Energy	105 cal
Protein	2.9 g
Carbohydrates	11.6 g
Fiber	1.5 g
Fat	5.3 g
Cholesterol	0 mg
Sodium	2.2 mg

Wraps



MIXED SPROUT WRAP

Preparation Time : 15 mins • Cooking Time : 10 mins • Total Time : 25 mins • Makes 4 wraps



INGREDIENTS

- For The Sprouts Stir-fry
- 2 tsp oil
- 2 tsp ginger-garlic (adrak-lehsun) paste
- 3/4 cup finely chopped onions
- 1 1/2 cups boiled mixed sprouts (chana , and matki)
- 1/2 cup boiled , peeled and mashed potatoes
- 1/2 tsp turmeric powder (haldi)
- 2 tsp chilli powder
- 1/4 cup finely chopped coriander (dhania)
- 1 tsp lemon juice
- salt to taste

To Be Mixed Into A Mint Dressing

- 3/4 cup low-fat curds (dahi)
- 3 tbsp finely chopped mint leaves (phudina)leaves
- 1/4 tsp mustard (rai / sarson) powder
- 1/4 tsp powdered sugar
- salt to taste

Other Ingredients

- 1 cup onion rings
- chaat masala to taste
- 4 soya rotis

METHOD

For the sprouts stir-fry

1. Heat the oil in a deep non-stick pan, add the ginger-garlic paste and spring onion whites and sauté till the onions turn translucent. Sprinkle a little water to avoid the spring onions from burning.
2. Add the mixed sprouts, potatoes, turmeric powder and chilli powder, mix well and cook on a medium flame for 5 minutes, while stirring continuously.
3. Add the coriander, lemon juice and salt, mix well and keep aside to cool.

How to proceed

1. Combine the onion rings with chaat masala in a bowl, mix well and keep aside.
2. Place a roti on a clean dry surface and arrange ¼th of the sprouts stir-fry in a row in the centre of the roti.
3. Arrange ¼ cup of onion rings and ¼th of the mint dressing over it and roll it up tightly.
4. Repeat with the remaining ingredients to make 3 more wraps.
5. Wrap a tissue paper around each wrap and serve immediately.



Nutrient Values (Abbrev) Per Serving

Energy	353 cal
Protein	15.1 g
Carbohydrates	51.2 g
Fiber	6.6 g
Fat	10.6 g
Cholesterol	0 mg
Sodium	38 mg

PANEER VEGGIE WRAP

Preparation Time : 5 mins • Cooking Time : 5 mins • Total Time : 10 mins • Makes 4 rotis



INGREDIENTS

- 4 left over chapattis , approx. 125 mm. (5") in diameter

To Be Mixed Into Filling

- ½ cup grated low-fat paneer (cottage cheese)
- 1/2 cup grated cabbage
- 1/2 cup grated carrot
- 2 tsp finely chopped green chillies
- 3 tbsp chopped coriander (dhania)
- salt to taste

Other Ingredients

- 1 tsp low fat butter for cooking

METHOD

1. Divide the filling into 4 equal portions and keep aside.
2. Heat the non-stick tava (griddle), add the ¼ tsp of low-fat butter and lightly cook the left over chapattis on a tava till it is light brown from both the sides.
3. Put 3 tablespoons of the filling at one end of the chapatti and roll it up tightly.
4. Repeat with the remaining chapattis and filling to make 3 more wraps.
5. Serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	102 calories
Protein	6.0 gm
Carbohydrates	16.9 gm
Fat	1.1 gm
Calcium	192.2 mg
Iron	0.9 mg
Zinc	0.4 mg



STUFFED CORN & CAPSICUM WRAP

Preparation Time: 20 mins Cooking Time: 15 mins Total Time: 35 mins Makes 4 wraps



INGREDIENTS

For The Dough

- 1/2 cup whole wheat flour (gehun ka atta)
- 1 tsp oil
- Salt to taste
- Whole wheat flour (gehun ka atta) for rolling
- Oil for cooking

For The Stuffing

- 1 tbsp oil
- 1/2 tsp finely chopped green chillies
- 1/4 cup finely chopped onions
- 1 cup cooked corn (makai ke dane)
- 1/4 cup finely chopped capsicum
- 1/4 cup finely chopped tomatoes
- 1/2 tsp chilli powder
- Salt and to taste

Other Ingredients

- 8 tbsp pizza sauce

METHOD

For the dough

1. Combine all the ingredients in a deep bowl, add enough water and make a soft dough.
2. Divide the dough into 8 equal portions and roll each portion into a 175 mm. (7") diameter circle.
3. Heat a non-stick tava (griddle), cook the rotis, using little oil till both sides are golden brown in colour. Keep aside.

For the stuffing

1. Heat the oil in a broad non-stick pan, add the green chillies and onions and sauté on a medium flame for 1 minute.
2. Add the corn, capsicum, tomato and chilli powder, salt and pepper, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
3. Divide the stuffing into 4 equal portions and keep aside.

How to proceed

1. Place a roti on a clean, dry surface and place a portion of the filling in the centre of the roti.
2. Put 2 tbsp of the pizza sauce over it and roll it up tightly.
3. Repeat steps 1 and 2 to make 3 more wraps.
4. Serve immediately.

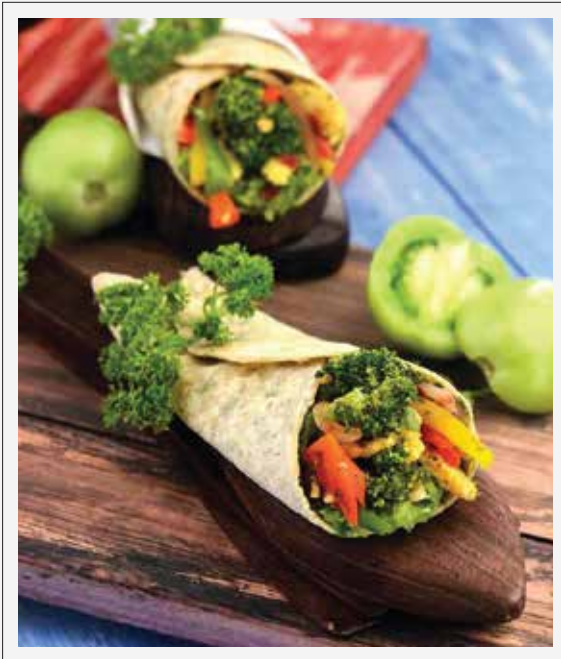
Nutrient Values (Abbrev) Per Wrap

Energy	129 cal
Protein	3 g
Carbohydrates	18.6 g
Fiber	1.4 g
Fat	5.3 g
Cholesterol	0 mg
Vitamin A	120.7 mcg
Vitamin B1	0.2 mg
Vitamin B2	0.1 mg
Vitamin B3	0.7 mg
Vitamin C	14.8 mg
Folic Acid	15.9 mcg
Calcium	16.7 mg
Iron	0.9 mg
Magnesium	0 mg
Phosphorus	0 mg
Sodium	6.1 mg
Potassium	119 mg
Zinc	0.5 mg



GREEN TOMATO SALSA & VEGGIE WRAP

Preparation Time : 20 mins • Cooking Time : 8 mins • Total Time : 28 mins • Makes 4 wraps



INGREDIENTS

For The Dough

- 1/2 cup whole wheat flour (gehun ka atta)
- 2 tbsp soya flour
- 2 tbsp chopped parsley
- salt to taste

To Be Blended Into Green Tomato Salsa

- 1 cup chopped green tomatoes
- 2 garlic (lehsun) cloves
- 1/2 tsp cumin seeds (jeera)
- 1 tsp chopped green chillies
- 1 tbsp finely chopped coriander (dhania)
- 1/4 cup chopped spring onions (whites and greens)
- salt to taste

For The Veggie Stuffing

- 2 tsp olive oil
- 1/4 cup sliced onions
- 1 tsp finely chopped garlic (lehsun)
- 1/2 cup sliced capsicum (red, green and yellow)
- 1 cup blanched broccoli florets
- 1/4 cup blanched and diagonally cut baby corn
- 1 tsp dry red chilli flakes (paprika)
- 1 tsp dried oregano
- salt to taste

Other Ingredients

- whole wheat flour (gehun ka atta) for rolling

METHOD

For the dough

1. Combine all the ingredients in a deep bowl and knead into a soft dough using enough water.
2. Cover with a lid and keep aside for 10 minutes

For the veggie stuffing

1. Heat the olive oil in a broad non-stick pan, add the onions and garlic and sauté on a medium flame for 1 minute.
2. Add the capsicum and sauté on a medium flame for another 1 more minute
3. Add the broccoli and baby corn and sauté on a medium flame for 1 minute.
4. Add the chilli flakes, oregano and salt and sauté on a medium flame for 30 seconds.
5. Divide the stuffing into 4 equal portions and keep aside.

HOW TO PROCEED

1. Divide the green tomato salsa into 4 equal portions. Keep aside.
2. Divide the dough into 4 equal portions and roll out each portion of the dough into a 175 mm. (?) diameter circle using a little whole wheat flour for rolling.
3. Heat a non-stick tava (griddle) and cook each roti till brown spots appear on both the sides.
4. Place a roti on a clean, dry surface, spread a portion of the green tomato salsa and spread a portion of the veggie stuffing evenly over it and roll it tightly.
5. Repeat step 4 to make 3 more wraps
6. Serve immediately.



Nutrient Values (Abbrv) Per Serving

Energy	120 cal
Protein	5.2 g
Carbohydrates	17 g
Fiber	3.5 g
Fat	4 g
Cholesterol	0.8 mg
Sodium	25.6 mg

SPINACH TAHINI WRAP

Preparation Time: 15 mins Cooking Time: 7 mins Total Time: 22 mins Makes 4 wraps



INGREDIENTS

For The Filling

- 2 tsp oil
- 1/2 cup finely chopped onions
- 1 tsp finely chopped green chillies
- 1 1/2 cups grated carrot
- 1/2 cup shredded cabbage
- 1/2 cup boiled, peeled and grated potatoes
- 2 tbsp chopped coriander (dhania)
- Salt to taste

For The Tahini

- 3/4 cup sesame seeds (til)
- 1/4 cup chana dal (split Bengal gram)
- 1 tbsp vinegar
- 4 tbsp fresh curds (dahi)
- 2 tsp garlic (lehsun)
- 1 tsp oil
- 1 tsp chilli powder
- 1 tsp cumin seed powder
- Salt to taste

Other Ingredients

- 4 spinach rotis
- 1 recipe tahini
- 1 recipe garlic -tomato chutney
- 1 cup roughly torn lettuce

METHOD

For the filling

1. Heat the oil in a deep non-stick pan, add the onions and sauté till they turn translucent.
2. Add the green chillies, carrots, cabbage, potatoes, coriander and salt, mix well and sauté on a medium flame for 2 more minutes. Keep aside.

For the tahini

1. Heat a non-stick pan and dry roast the sesame seeds and chana dal separately. Keep aside to cool.
2. Combine the sesame seeds and chana dal and blend in a mixer to a fine powder.
3. Transfer the powder to a bowl, add all the remaining ingredients and mix well. Keep aside.

How to proceed

1. Place a roti on a clean dry surface and spread 1/4th of the tahini paste evenly over it.
2. Arrange 1/4 cup of lettuce in a row in the centre of the roti.
3. Arrange 1/4th of the filling and spread the garlic-tomato chutney over it and roll up tightly.
4. Repeat with the remaining ingredients to make 3 more wraps.
5. Wrap a tissue paper around each wrap and serve immediately.

Nutrient Values (Abbrev) Per Wrap

Energy	431 cal
Protein	12.7 g
Carbohydrates	46.8 g
Fiber	11.9 g
Fat	21.6 g
Cholesterol	2.4 mg
Sodium	53 mg





Soups

LENTIL & SPINACH SOUP

Preparation Time : 10 mins • Cooking Time : 15 mins • Total Time : 25 mins • Makes 4 servings



INGREDIENTS

- 3/4 cup masoor dal (split red lentil) , washed and drained
- 1 cup chopped spinach (palak)
- 2 garlic (lehsun) cloves , crushed
- 1/2 cup sliced onions
- 1 1/2 cups roughly chopped tomatoes
- 1/2 cup milk
- 1/2 tsp chilli powder
- Salt to taste

FOR SERVING

Whole wheat bread sticks

METHOD

1. Combine the garlic and onions in a pressure cooker and dry roast on a medium flame for a few seconds.
2. Add the tomatoes, masoor dal along with 2 cups of water, mix well and pressure cook for 2 whistles.
3. Allow the steam to escape before opening the lid. Keep aside to cool.
4. Once cooled, blend in a mixer to a smooth purée.
5. Transfer the purée to a deep pan, add the milk and chilli powder, spinach, salt and 1 cup of water, mix well and bring to boil
6. Cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
7. Serve hot with whole wheat bread sticks.

Nutrient Values (Abbrev) Per Serving

Energy	147 cal
Protein	9.2 g
Carbohydrates	21.5 g
Fiber	4.4 g
Fat	2.1 g
Cholesterol	4 mg
Sodium	24.6 mg



THAI STYLE COCONUT CREAM SOUP

Preparation Time: 10 mins Cooking Time: 5 mins Total Time: 15 mins Makes 3 servings



INGREDIENTS

- 1/4 cup chopped lemon grass (hare chai ki patti)
- 2 cups coconut milk
- 1 tsp oil
- 1/4 cup finely chopped onions
- 1/2 cup blanched baby corn roundels
- 1/2 cup blanched broccoli florets
- Salt and freshly ground black pepper (kalimirch) powder to taste
- 1 tbsp cornflour dissolved in 2 tbsp cold water

METHOD

1. Combine the lemongrass and 2 tbsp of water and blend in a mixer to a smooth mixture.
2. Strain the mixture using a sieve and keep aside.
3. Heat the oil in a kadhai, add the onions and sauté on a medium flame for 1 minute.
4. Add the baby corn and broccoli and sauté on a medium flame for 1 more minute.
5. Add the coconut milk, 1 cup of water, lemon grass mixture and salt and bring to boil.
6. Add the cornflour-water mixture, mix well and cook on a medium flame for 3 to 4 minutes, while stirring continuously.
7. Switch off the flame, add the pepper powder and mix well.
8. Serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	260 cal
Protein	9 g
Carbohydrates	54 g
Fat	1 g



WINTER VEGETABLE SOUP

Preparation Time: 15 mins Cooking Time: 28 mins Total Time: 43 mins Makes 4 servings



INGREDIENTS

- 1 tbsp oil
- 1/4 cup chopped onions
- 2 bayleaves
- 1/4 cup chopped french beans
- 1/4 cup carrot cubes
- 1/4 cup potato cubes
- 1/4 cup cauliflower florets
- 3/4 cup shredded cabbage
- 1/4 cup deseeded tomato cubes
- 1 vegetarian seasoning cube , powdered
- salt and freshly ground black pepper (kalimirch) to taste

For The Garnish

- 2 tbsp finely chopped parsley
- 2 tbsp grated processed cheese

METHOD

1. Heat the oil in a deep non-stick pan, add the onions and bayleaves and sauté on a medium flame for 1 minute.
2. Add the french beans, carrots, potatoes and cauliflower and sauté on a medium flame for 2 to 3 minutes.
3. Add 4 cups of water, mix well and cook on a medium flame for 20 minutes, while stirring occasionally.
4. Add the cabbage, tomatoes, seasoning powder, salt and pepper, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
5. Serve hot garnished with parsley and cheese.

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Nutrient Values (Abbrev) Per Serving

Energy	54 cal
Protein	0.8 g
Carbohydrates	4.1 g
Fiber	1.2 g
Fat	3.8 g
Cholesterol	0 mg
Sodium	8.7 mg

MOONG DAL AND SPINACH SOUP

Soaking Time : 10 mins • Preparation Time : 10 mins • Cooking Time : 14 mins • Total Time : 34 mins • Makes 2 servings



METHOD

1. Combine the cornflour and milk in a bowl, mix well and keep aside.
2. Combine the yellow moong dal and 2 cups of hot water in a pressure cooker, mix well and pressure cook for 2 whistles.
3. Allow the steam to escape before opening the lid.
4. Mix the dal very well with help of a whisk.
5. Add the spinach, cornflour-milk mixture, salt and pepper powder, mix well and cook on a medium flame for 3 to 4 minutes, while stirring continuously.
6. Serve hot.

INGREDIENTS

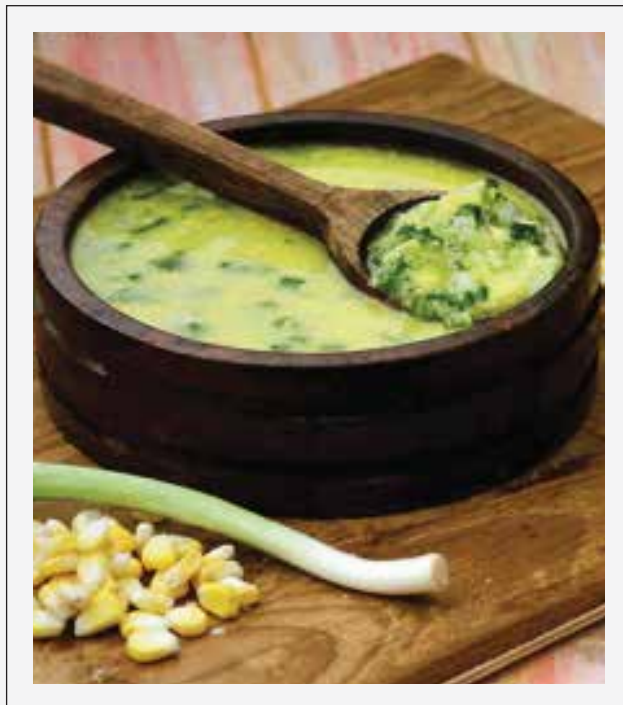
- 4 tbsp yellow moong dal (split yellow gram) , soaked for 10 minutes and drained
- 1/2 cup finely chopped spinach (palak)
- 1 tsp cornflour
- 1/4 cup low-fat milk , 99.7% fat-free
- Salt and to taste

Nutrient Values (Abbrev) Per Serving

Energy	120 cal
Protein	8.3 g
Carbohydrates	20.4 g
Fiber	3 g
Fat	0.6 g
Cholesterol	0 mg
Sodium	30.3 mg

SWEET CORN AND SPRING ONION SOUP

Preparation Time : 15 mins • Cooking Time : 12 mins • Total Time : 27 mins • Makes 4 servings



INGREDIENTS

- 1 cup sweet corn kernels (makai ke dane)
- 1 1/2 cups chopped spring onions whites
- 1 cup chopped spring onion greens
- 1 tsp oil
- 1 tsp finely chopped garlic (lehsun)
- Salt and freshly ground black pepper (kalimirch) to taste


METHOD

1. Combine the sweet corn and 1 cup of water in a mixer and blend to a coarse mixture. Keep aside.
2. Heat the oil in a deep non-stick pan, add the spring onion whites and garlic and sauté on a medium flame for 2 to 3 minutes.
3. Add the corn-water mixture, salt and 2 cups of water, mix well and cook on a medium flame for 6 to 7 minutes, while stirring occasionally.
4. Add the spring onion greens and pepper, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
5. Serve hot.

Nutrient Values (Abbrv) Per Serving

Energy	51 cal
Protein	1.7 g
Carbohydrates	9.7 g
Fiber	1.6 g
Fat	1.3 g
Cholesterol	0 mg





**WHEN DIET IS
WRONG,
MEDICINE IS OF
NO USE.**

**WHEN DIET IS
CORRECT,
MEDICINE IS OF
NO NEED.**

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