


Health Recipes

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Mix Veggie Methi Paratha

Ingredients

2-3 cups wheat flour	3-4 green chillies
1 carrot	1/4 tsp. turmeric powder
1 onion	1/2 tsp. sesame seeds
3" chunk bottle gourd	3-4 pinches asafetida powder
3 french beans	2 pinches soda bicarb or baking powder
1 tbsp. peas	1 tbsp. sour curds
1 thin slice cabbage	Salt to taste
1 cup fenugreek (methi) greens, cleaned	Very little oil to drizzle (optional)

Method

Chop fenugreek leaves finely, keep aside.

Put carrot, onion, gourd, cabbage, peas, chillies, beans in a vegetable chopper.

Chop to very fine pieces, add to chopped leaves.

Add all other ingredients, except oil and flour.

Add two cups flour, mix, and add more if required.

Knead to a not-too-soft dough, till all ingredients are well mixed.

Divide into 12-15 portions, depending on size of parathas required.

Make round balls of each portion.

Heat griddle, while rolling one parathas, using dry flour for dusting.

Roast on one side first, flip and brown other side.

Use a kitchen brush to add minimal oil to parathas on both sides.

Roast to golden, take off fire.

Repeat for remaining paratha dough.

Serve hot with mint or green chutney.

Zucchini Stir Fry

Ingredients

3 zucchini, peeled sliced diagonally
1 green chilli finely chopped
1 flake garlic finely crushed
1/2" piece ginger grated
1 tbsp coriander leaves finely chopped
1 stalk curry leaves
2-3 pinches asafetida powder
2 pinches turmeric powder
1/2 tsp. wheat flour
1/4 tsp. each cumin & mustard seeds
Salt to taste

Method

Heat a nonstick or heavy pan.

Add seeds, allow to splutter.

Add curry leaves, ginger, garlic, chillies, stir.

Add asafetida, turmeric, zucchini.

Stir fry till zucchini is well mixed.

Sprinkle a tsp. of water, cover and simmer till cooked.

Sprinkle very little water in between if required.

Add salt , wheat flour, stir, and cook further one minute, uncovered.

Transfer to serving dish, garnish with chopped coriander.

Serve hot with steamed rice, roti, or as desired.

Crunchy Healthy Salad

Ingredients

1 cucumber finely chopped
1 tomato finely chopped
1 onion finely chopped
1 carrot finely grated
1 small boiled potato finely chopped (optional)
1 slice raw mango finely chopped
1 tbsp. coriander leaves finely chopped
1 green chilli finely chopped
1/2 cup puffed wheat
1/4 cup puffed makhanas
1 tbsp. white vinegar
1/2 tsp. sugar powdered
1/4 lemon juice extracted
1/2 tsp. cumin seeds powdered
Salt to taste

Method

Break makhanas to pieces, keep aside.
Mix all ingredients, except makhanas and wheat.
Chill till required.
Toss in makhana pieces and puffed wheat.
Serve immediately to keep the crunch intact.

Cucumber Raitha

Ingredients

- 1 cup grated cucumber
- 2 cups fresh curds
- 1 tsp. cumin powder
- 3/4 tsp. red chilli powder
- Salt to taste
- 1 tbsp. coriander chopped finely
- 1/2 tsp. each cumin and mustard seeds

Method

- Crush the seeds together coarsely with stone or pestle
- Beat curds till smooth
- Add all ingredients
- Mix well and chill for an hour before serving

Spinach Soup

Ingredients

2 cups shredded spinach (1 bunch)
2 tbsp. grated bottle gourd
salt to taste
pepper to taste
2 cup water

Method

Wash spinach well. Put in a large vessel
Sprinkle 2-3 pinches salt and add gourd
Boil covered, on high, till soft. (3-4 minutes after boiling)
Take of fire and put in colander
Pour cold water over it
Blend in a mixie till smooth
Add water, mix and take in a deep pan
Add all other ingredients
Bring to a boil. Serve piping hot

Crispy Cabbage

Ingredients

2 cups cabbage shredded
1 tbsp. chopped capsicum
2 green chillies slit
1 stalk curry leaves
1 tsp. coriander leaves finely chopped
1/4 tsp. turmeric powder
2 pinches asafoetida powder
1 pinch garam masala
salt to taste
1/2 tsp. each cumin & mustard seeds
1/4 tsp urad dal
1/4 tsp amchoor powder
1/2 tsp oil

Method

Wash and drain cabbage.

Heat oil in a non-stick pan.

Add cummin, mustard and urad dal.

Let it splutter.

Add asafoetida, green chillies, curry leaves, turmeric powder.

Add cabbage and salt.

Toss lightly with spoon.

Sprinkle garam masala and amchoor powder.

Toss it again.

Cook for 3-4 minutes stirring continuously till it is crisp.

Garnish with coriander leaves. Serve with phulkas.

Low Cal Chaat

Ingredients

3 cups puffed rice
1 onion finely chopped
1 tomato finely chopped
1/2 cucumber, peeled and finely chopped
1/4 cup pomegranate seeds
1 tbsp. coriander finely chopped
1 tbsp. tamarind chutney
1 tsp. green chutney
1/2 tsp. crushed cumin
1/4 cup crushed cornflakes
salt to taste

Method

Put all other ingredients in a large deep bowl.
Toss with hand till well blended.
Put in individual serving bowls or a large dish.
Serve immediately, and do not allow to get soggy.

Wheat Flour Au Gratin

Ingredients

4 cups milk
1/2cup wheat flour
1 tbsp. grated paneer (cottage cheese)
2 cups mixed vegetables (chopped, boiled)
1 onion finely chopped
1/2" piece ginger grated
1 green chilli finely chopped
salt to taste
pepper to taste

Method

Put wheat flour in a dry pan, put to heat. Stir continuously, till aroma exudes.

Do not brown flour, empty and keep aside to cool.

Add chopped onion to same pan, stir and cook till transparent.

Add ginger, chillies, stir. Add 3 cups milk, bring to a boil.

Mix flour in remaining milk, till smooth without lumps.

Add veggies to boiling milk, stir. Add salt, pepper, floured milk.

Stir continuously till boiling resumes.

Simmer till thick, stirring continuously.

Adjust taste with salt and pepper. When thick pour into a shallow casserole or baking dish.

Sprinkle cheese, allow to cool completely.

Bake in preheated oven at 200°C for 15 minutes.

Serve hot with wheat bread toasts, or rye bread chunks.

Masala Murmure

Ingredients

4 cups puffed rice (murmure)
1/2tsp. oil
1/5 tsp. turmeric powder
2-3 pinches asafetida powder
2 green chillies chopped
1 stalk curry leaves
salt to taste
1 pinch citric acid powdered

Method

Heat oil in a pan, large enough to contain murmure.
Add chillies, curry leaves, turmeric, asafetida, stir.
Add murmure, sprinkle, citric acid, stir very well from below.
Take off fire, if required, to avoid burning at the bottom.
Toss very well till flavours blend and murmure cool.
Cool completely before storing in airtight container.
Serve as an anytime snack, or even as munchy in transit.

Low Cal Palak Paneer

Ingredients

2 bunches spinach, cleaned, shredded
100 gms. paneer made from cows' milk
1 flake garlic, crushed
1/2tsp. ginger grated
2 green chillies finely crushed
1/4tsp. cumin seeds
1/4tsp. sugar
1/2tsp. wheat flour
3-4 pinches turmeric powder
3-4 pinches cinnamon clove powder
3-4 pinches asafetida powder
1 pinch garam masala powder
salt to taste
lemon juice to taste

Method

Wash and drain spinach.

Boil in minimal water till soft and bright.

Drain, cool, grind with flour, ginger, garlic, chillies.

Heat a heavy or nonstick pan, add seeds.

When roasted add asafetida and ground spinach.

Add all other ingredients, except paneer and lemon juice.

Stir, cover and simmer for 3-4 minutes.

Add paneer and lemon juice, stir gently.

Simmer further for 2 minutes.

Pour into serving dish. Serve hot with wheat flour phulkas, or steamed brown rice.

Moong - Muesli Raitha

Ingredients

2 cup fresh curds
1/4 cup cream or 2 tbsp skimmed milk
1/2 cup boiled moong (green gram)
1 cup muesli
1 sprig mint leaves
1 tbsp. coriander leaves finely chopped
1 tiny flake garlic
1 small green chilli
1 tsp. sugar powdered
1/4 tsp. cumin powder

Method

Tie and hang curds in a muslin cloth for 15 minutes.

Empty into a deep vessel.

Beat with an electric hand beater till smooth.

In a small mixie, crush mint, chilli, garlic, coarsely.

Add cream, beat for a short spurt.

Add to beaten curds.

Add boiled moong, salt, sugar, cumin mix well.

Transfer to a glass serving bowl.

Refrigerate for 2 hours or till well chilled.

Just before serving, add muesli, gently mix.

Garnish with chopped coriander.

Serve immediately.

Wheat Germ Cutlets

Ingredients

1 cup toasted wheat germ
1 cup soya flour
2 large potatoes, boiled and mashed well
1 bunch spinach finely chopped
1/2 medium bottle gourd grated
1 carrot grated
1 onion finely chopped
1" piece ginger crushed
5-6 garlic flakes crushed
3 green chillies finely chopped
salt to taste
oil to shallow fry

Method

Press out all excess water from bottle gourd. Press out all moisture from spinach, by dabbing in the fold of a napkin.

Take potatoes in a large mixing bowl. Add all vegetables, garlic, chillies, ginger and salt.

Sprinkle half soya flour and wheat germ over ingredients.

Make a thin paste of remaining soya flour. Add a pinch of salt, keep aside.

Mix all ingredients of bowl by hand, to form a soft lump.

Take portions of mixture, form cutlets shaping as desired.

Refrigerate for 10 minutes, or till required, covering with a moist cloth.

Dip each pattie in soya flour paste, and roll in remaining wheat germ.

Shallow fry a few at a time in a greased skillet, till golden on both sides.

Serve hot with sauce or chutneys.

Moong Bhel

Ingredients

2 cups boiled, drained moong (cooked till soft, but not mushy)
or 2 cups slightly boiled, drained moong sprouts
1 onion, finely chopped
1 tomato finely chopped
1 slice raw mango finely chopped (optional)
1 small potato, boiled, peeled & finely chopped
1 tbsp. coriander leaves finely chopped
1 carrot grated
1 tsp. tamarind chutney
1/2 tsp. green chutney or 1 small green chilli finely chopped
1/4 tsp. cumin powder
4-5 pinches dried mint powder (optional)
salt to taste
lemon juice to taste
1/4 cup fine sev (that used for bhel)
1 tbsp. cornflakes, meusli, or other cereal

Method

Make sure sprouts or moong is boiled till soft, but not at all mushy.

Chill moong in refrigerator till required.

Mix all ingredients, except coriander, sev and cornflakes.

Stir to mix well, and check for taste.

Just before serving, add in coriander, cornflakes and sev.

Serve while the cereal and sev are still crunchy.

Crunchy Chocolate Balls

Ingredients

1 cup milk
1/4 cup milk powder
1/4 cup cocoa powder
3/4 cup light brown sugar
1/2 cup toasted wheat bran
1/4 cup puffed rice crispies
4-5 drops vanilla essence
2 tbsp. butter

Method

Mix cocoa and milk powder together.

Add half cup milk, and dissolve, to make a smooth paste.

Put butter and brown sugar in a nonstick pan.

Place on low heat, stirring occasionally, till fully melted.

Add remaining milk, bring to a boil.

Add prepared paste, gradually pouring, while stirring continuously.

Cook while gently stirring, to form a very soft lump.

Mixture should leave sides of pan easily.

Add in vanilla essence, rice crispies and half the wheat bran.

Take off fire, mix well, off the fire, till the temperature of mixture lowers, for handling.

Roll into small balls between both palms. Roll these balls in the remaining bran, to coat all over.

Refrigerate on a sheet of butter paper, till well set.

Store refrigerated in airtight container.

Stem Soup

Ingredients

8-10 stems of spinach leaves
4-5 tender stalks of the leaves just below cauliflower
2-3 stems of coriander leaves
1 small sprig spring onion
1 stalk of celery
1/2" ginger peeled and crushed
1 clovette garlic crushed
1 tbsp. cornflour
1/4 dried red chilli crushed
1/2 tsp. sugar
salt to taste
pepper as per taste
1/2 tsp. oil or butter
2 1/2 cups water.

Method

Clean any fibrous threads from the stems.
Chop the vegetables into thin slanted slivers.
Heat oil in a pan. Add ginger garlic.
Saute for a minute. Add vegetables.
Stir fry till tender. Add water and bring to a boil.
Mix cornflour in 1/2 cup cold water.
Add to soup, stirring continuously till it comes back to a boil.
Add the chilli, sugar, salt, pepper and boil till thickened like corn soup
Serve fresh and piping hot.

Wheat Flakes-Oat Firni

Ingredients

1/2 cup wheat flakes
1/2 cup rolled white oats
1 litre milk
2 tbsp. rice flour
1/2 cup sugar
1 tbsp. chopped almonds
2-3 drops vanilla essence
for garnish:
few wheat flakes
few almonds slivers
few rose petals

Method

Dissolve rice flour in 1 cup milk, keep aside.
Put remaining milk to heat, bring to a boil.
Simmer for 8-10 minutes, add sugar, boil till dissolved.
Gradually add rice flour mixture, while stirring continuously.
Bring back to a boil, simmer for 5-7 minutes, or till thick.
Cool to room temperature, stir in vanilla essence.
Add wheat flakes, oats and almonds, stirring gently.
Pour into individual bowls, refrigerate till set well.
This should take about 3-4 hours.
Serve chilled topped with a few wheat flakes and almonds.

Oat - Puffed Wheat Bhel

Ingredients

1 cup puffed wheat
1/2 cup toasted rolled oats
1 tbsp. cornflakes
1 onion finely chopped
1 tomato finely chopped
1 small cucumber finely chopped
1 small boiled potato finely chopped
1 tbsp. coriander leaves finely chopped
1 tsp. green all-purpose chutney (refer recipe)
1 tbsp. sweet tamarind chutney (refer recipe)
1 small green chilli very finely chopped (optional)
1/2 tsp. lemon juice
salt to taste

Method

Put all chopped vegetables, and chilli into a large bowl.

Add half coriander leaves, chutneys, salt, lemon juice.

Toss well to blend ingredients.

Just before serving, add puffed wheat and oats

Mix well, transfer into individual serving bowls.

Garnish with crushed cornflakes and remaining coriander.

Nutritious Upma

Ingredients

1/2 cup broken wheat or wheat germ
1/2 cup broken jowar (pearl millet)
1 tbsp. toasted white rolled oats
4-5 cashew nuts, broken
1 onion finely chopped
1 tomato finely chopped
1 stalk curry leaves
2 green chillies finely chopped
1 tbsp. coriander leaves finely chopped
1 lemon juice extracted and strained
1/2 tsp. each mustard & cumin seeds
2 pinches asafetida powder
1/4 tsp. turmeric powder
salt to taste
1 tbsp. oil

Method

Dry roast both wheat germ and jowar, in a heavy pan, for two minutes.

Allow to cool, Pressure cook roasted wheat and jowar together in 2 cups water.

Approx. 2 whistles are required to cook the broken granules.

Remove and allow to cool, keep aside. Heat oil in a pan, add seeds, curry leaves, chillies, allow to splutter.

Add onions, tomatoes, stir fry for two minutes. Add rolled oats, strained pressure cooked mixture.

Add turmeric, salt, lemon juice, coriander. Cover and cook on low, till is fluffy, and excess moisture evaporates.

Serve hot with a cold iced tea or as a hot snack by itself.

Note: For those who prefer bland dishes, just omit the chillies, and proceed. It turns out equally tasty, even without the chillies.

Malai Peda

Ingredients

1 litre low fat milk
a few saffron strands
¼ teaspoon citric acid
2 level teaspoons cornflour
½ teaspoon cardamom (elaichi) powder
4 sachets sugar substitute

For Garnishing

1 teaspoon pistachios, chopped (optional) or a few saffron strands

Method

Keep 4 teaspoons of milk aside and boil the remaining milk in a heavy bottomed pan, stirring throughout, until it reduces to half.

Warm the saffron in a small vessel, add 4 teaspoons of milk and rub until the saffron dissolves. Add to the boiling milk.

Mix the citric acid in 3 teaspoons of water. Add this mixture very gradually to the boiling milk until it curdles slightly. This may require anything from half to the entire quantity of the citric acid mixture.

Mix the cornflour in the balance 4 teaspoons of milk and add to the boiling mixture.

Continue stirring till the mixture becomes thick and resembles khoya. Add the cardamom powder and mix well. Allow to cool. Add the sugar substitute and mix well.

Shape into 7 small balls and serve, garnished saffron or pistachio.

Apple Rabadi

Ingredients

3 cups low fat milk
1 cup apple, grated
a pinch nutmeg (jaiphal) powder
1/4 teaspoon cardamom (elaichi) powder
2 sachets sugar substitute

Method

Bring the milk to boil in a heavy bottomed pan and simmer it for 10 to 12 minutes.

Add the grated apple, nutmeg powder and cardamom powder and simmer for another 5 to 7 minutes.

Cool completely. Add the sugar substitute, mix well and put to chill.

Serve chilled.

Shrikhand

Ingredients

- 1 cup hung low fat curds
- 1 teaspoon cardamom (elaichi) powder
- a few saffron strands
- 2 tablespoons low fat milk
- 4 sachets sugar substitute (equal)

Method

Combine all the ingredients and mix well.

Chill for at least 2 to 3 hours.

Serve chilled.

Fruity Chana Salad

Ingredients

1 cup cooked chick peas (approx. 1/2 cup raw chick peas)
1/2 cup cucumber, sliced
1/2 cup orange segments, peeled
1/2 cup onion, sliced
1/2 cup lettuce, torn
1/2 cup tomato, sliced
1 tablespoons chopped coriander
1 1/2 teaspoons lemon juice
salt and freshly ground pepper to taste

Method

Combine all the ingredients except the salt and pepper and chill.
Just before serving, add salt and pepper and mix well.
Serve chilled.

Mint and Masoor Tikkis

Ingredients

1/4 cup whole masoor (whole red lentils)
1/4 cup mint, finely chopped
1 teaspoon ginger-green chilli paste
2 teaspoons whole wheat bread crumbs
2 tablespoons low fat paneer, grated
salt to taste

Other Ingredients

1 teaspoon oil for cooking

Method

Clean, wash and soak the masoor overnight. Drain.

Combine the masoor with 2 cups of water and pressure cook till the masoor is soft and slightly overcooked, but not mashed.

Drain the masoor and discard any excess water. Coarsely pound the masoor in a mortar and pestle.

Combine the masoor paste with the remaining ingredients and mix well.

Divide the mixture into 6 equal portions. Shape each portion into an even sized round and flatten the rounds to make tikkis.

Heat a non-stick pan and cook each tikki over a high flame using a little oil until both sides are golden brown in colour.

Serve hot.

Quick Soya Dosas

Ingredients

3/4 cup rice flour (chawal ka atta)
1/4 cup urad dal (split black lentils) flour
1/4 cup soya flour
1 teaspoon fruit salt
salt to taste
Other ingredients
1 teaspoon oil for cooking

Method

Mix together the rice flour, urad dal flour, soya flour and salt with approx. 1 cup of water to make a thin batter.

Keep aside for 30 minutes.

When ready to make the dosas, sprinkle the fruit salt on the batter and mix gently.

Heat a non-stick pan and grease it lightly with oil.

When hot, pour one quarter of the batter on the pan and spread it using a circular motion to make a thin dosa and cook on one side and pour a little oil along the edges while cooking. When crispy, fold over.

Repeat with the remaining batter to make 3 more dosas.

Serve hot with low calorie green chutney.

Chola Dal Dhoklas

Ingredients

1/2 cup chola dal (split black eyed beans), soaked overnight

1/2 cup spinach (palak), chopped

1/2 cup fenugreek (methi) leaves, chopped

2 teaspoons green chilli-ginger paste

1/2 teaspoon asafoetida (hing)

1 teaspoon fruit salt

salt to taste

other ingredients

1/2 teaspoon oil for greasing

Method

Wash and drain the dal and place it in a blender.

Add the spinach, fenugreek leaves and green chilli-ginger paste and grind to a paste, adding a little water if required.

Add the asafoetida and salt and mix well.

Grease a 150 mm. (6") diameter dhokla plate and keep aside.

Add the fruit salt, sprinkle a little water over and mix gently.

Pour into the greased thali and steam for 8 to 10 minutes or till a skewer inserted comes out clean.

Serve hot, with Low Calorie Green Chutney.

Varagu and Matki Pulao

Ingredients

1/2 cup varagu (kodri)
1/2 cup matki (moath beans) sprouts
1/2 teaspoon cumin (jeera) powder
1/4 teaspoon asafoetida (hing)
2 cloves (laung)
1 bay leaf
1/4 cup onions, chopped
1/2 cup carrots, chopped
1/2 cup french beans, chopped
1/4 teaspoon turmeric powder (haldi)
1/2 teaspoon chilli powder
1 teaspoon coriander (dhania) powder
1 teaspoon oil
salt to taste

Method

Heat the oil in a non-stick pan and add the cumin seeds.

When they crackle, add the asafoetida, cloves and bay leaf and stir for a few seconds.

Add the onions, carrots, french beans and salt and sauté them for 4 to 5 minutes.

Add the varagu and matki sprouts along with the turmeric powder, chilli powder and coriander powder and mix well.

Add approx. 2 1/2 cups of water, cover and cook over a medium flame till the varagu and matki are cooked.

Serve hot with low fat curds or jamun raita.

Hakka Mushrooms

Ingredients

2 cups mushrooms, cut into halves
4 cloves garlic, finely chopped
1 green chilli, finely chopped
2 1/2 tablespoons soya sauce
1 teaspoon cornflour
1 cup spring onion greens, finely chopped
a pinch chilli powder
1 teaspoon oil
salt to taste

Method

Dissolve the cornflour in 2 tablespoons of water and the soya sauce and keep aside.

Heat the oil in a non-stick pan, add the garlic and green chilli and sauté for 2 minutes.

Add the mushrooms and salt and sauté for 3 to 4 minutes.

Add the cornflour mixture and sauté for 2 to 3 minutes till the sauce coats the mushrooms.

Add the spring onion greens and mix well.

Sprinkle the chilli powder and serve immediately.

Spicy Stir Fried Baby Corn

Ingredients

200 grams (2 packets) baby corn, sliced into 2 lengthwise
1 green chilli, finely chopped
1 1/2 teaspoons ginger, finely chopped
1 1/2 teaspoon garlic, finely chopped
1 teaspoon soya sauce
2 teaspoons tomato-chilli sauce
1 teaspoon cornflour
a few slices of red and green capsicum
1 teaspoon oil
salt and pepper to taste

Method

Combine the soya sauce, tomato-chilli sauce and cornflour with 2 tablespoons of water in a bowl. Keep aside.

Heat the oil in non-stick pan, add the baby corn and sauté over a high flame for 4 to 5 minutes.

Add the green chilli, ginger and garlic and sauté for another 2 minutes.

Add the cornflour and sauce mixture. Mix well over a high flame till the sauce coats the baby corn evenly.

Toss in the capsicum, add salt and pepper and mix well. Serve hot.

Celery Garlic Toasts

Ingredients

4 slices of whole wheat bread

To be coarsely ground into a paste

1/4 cup celery, chopped

2 to 3 cloves garlic

salt to taste

Method

Apply the ground celery paste equally on all 4 toasts.

Bake in a pre-heated oven at 180°C (360°F) for 10 minutes or till the toasts are evenly browned.

Cut into halves and serve immediately.

Hara Bhara Kebabs

Ingredients

2 tablespoons chana dal (split bengal gram)
12 mm. (1/2") piece ginger
2 cloves garlic, grated
2 green chillies, finely chopped
1/2 cup spinach (palak), blanched, drained and roughly chopped
1/4 cup green peas, boiled
1/4 cup low fat paneer, grated
1/2 teaspoon chaat masala
1/4 teaspoon garam masala
salt to taste
other ingredients
3 tablespoons whole wheat bread crumbs
1 teaspoon oil for cooking

Method

Pressure cook the chana dal, ginger, garlic and green chillies with $\frac{3}{4}$ cup of water for 2 to 3 whistles or until the dal is cooked. Drain out and discard any excess water.

Combine the spinach, green peas and cooked dal mixture and blend to a coarse paste without using any water.

Add the paneer, chaat masala and garam masala and mix well.

Divide the mixture into 6 equal portions and shape them into flat kebabs.

Roll the kebabs in the bread crumbs.

Heat the oil in a non-stick pan and cook the kebabs on both sides till they are golden brown in colour.

Serve hot.