

Soups

1. CARROT & BELL PEPPER SOUP

Ingredients:

- ½ carrot, roughly chopped
- ¼ red capsicum, roughly chopped
- ¼ yellow capsicum, roughly chopped
- ¼ green capsicum, roughly chopped
- ¼ tomato, roughly chopped
- Black pepper powder, to taste
- Salt, to taste
- mixed herbs

Method:

- Pour 1 cup of water in a pressure cooker & add carrot, tomatoes, green, yellow & red capsicum to it.
- Mix well & pressure cook for 3 whistles.
- Before opening the lid, allow the steam to escape.
- Cool slightly & press it in a mixer till smooth.
- Transfer the mixture into a pan, add mixed herbs, salt, pepper & ¼ cup water, mix well & cook it on medium flame for 2-3 mins.
- Stir it occasionally & serve hot.

2. DRUMSTICK SOUP

Ingredients:

- 2 cups of Drumstick, cut into half

- 1 tsp ghee
- ½ onion, roughly chopped
- ¼ potato, roughly chopped
- salt to taste

Method :

- Heat 1 tsp ghee in a pressure cooker, add drumstick, onion, potatoes & saute on a medium flame for 2 mins.
- Add 2 cups of water, mix well & pressure cook for 3 whistles.
- Switch off the flame and allow it to cool.
- Blend the mixture along with water in the mixer till it is smooth & strain it.
- Transfer the mixture into the pan & add salt & pepper to it.
- Mix well & cook on a medium flame for 3 minutes, stir it occasionally.
- Serve the drumstick soup hot.

3. CAULIFLOWER SOUP

Ingredients:

- 1 large cauliflower, cut into florets
- 30 gm Makai flour
- ½ tbsp ground cumin
- 2 tbsp oil
- 1 onion , finely chopped
- 1 celery stick, finely chopped
- 1 garlic clove , crushed

- 750-850ml veg / chicken stock
- Bunch of coriander leaves, finely chopped
- Salt, to taste
- Black pepper, to taste

Method:

- Turn on the gas. Toss the cauliflower florets in a pan with 1 tbsp olive oil and cumin.
- Roast for 15 mins or until golden and tender.
- Heat the remaining oil in a sauce pan with the onion and celery and fry over a medium heat for 10 mins or until softened.
- Add the garlic and cook for 1 min. Stir through most of the cauliflower, reserving some to top the soup with later. Add 750ml of the stock to the pan and bring to a simmer. Add makai flour. Add salt and black pepper.
- Cook for 10 mins.
- Blitz the soup until smooth using a hand blender or food processor.
- Add extra stock if you like your soup a little thinner. Ladle into bowls and top with the coriander leaves, reserved cauliflower.

4. LENTIL CHICKPEA SOUP

Ingredients:

- 10 gm lentil (any lentil of your choice)
- 10 gm lentil beans
- 20 gm chickpeas
- 2 tsp jeera
- 1 onion, roughly chopped
- 1 tomato, roughly chopped
- 1 tbsp oil
- 250ml vegetable stock or water

- Salt, to taste
- Black pepper, to taste
- Bunch of coriander leaves, chopped

Method:

- Heat a large saucepan and dry-fry 2 tsp cumin seeds till they release their aromas.
- Add 1 tbs oil and 1 chopped onion, and cook for 5 mins. Stir in lentils, vegetable stock or water and tomatoes, and bring them to boil. Simmer for 15 mins until the lentils have softened.
- Turn off the flame and allow it to cool. After it gets cooled, grind the soup using a blender and pour it back into the pan and then add boiled chickpeas.
- Add salt and black pepper powder as per the taste.
- Heat gently, season well and stir in a small bunch of chopped coriander leaves.

5. CHICKEN LEMON SOUP

Ingredients:

- 40 gm chicken (skin removed)
- 1 medium potato, roughly chopped
- 1 medium carrots. peeled and sliced
- Lemon juice
- 2 egg yolks
- 1/2 cup chopped coriander leaves
- Salt, to taste
- Black pepper, to taste
- Oregano, to taste

Method:

- To a large pot, add chicken, potatoes and carrots. Fill the pot with clean water and bring to a boil. Add the seasoning and cook on medium heat for about 30 minutes, until chicken and vegetables are completely cooked.
- Reduce the heat to low. With the help of a fork, remove the chicken out off from the soup and leave it in a cold place for 5 minutes to cool down.
- In a medium sized bowl, beat the lemon juice with egg yolks. Set aside.
- Shred the cooled chicken. Add the chicken back to the pot.
- Ladle 1 cup of hot broth into the bowl with the egg yolk mixture and stir a little. Add 1 more cup of hot broth to the bowl and stir again.
- Pour the egg yolk mixture back into the pot. Stir well to blend. Taste for seasoning with salt, black pepper and oregano.
- Add the coriander leaves, stir it again, cover with a lid and let the soup rest for 10 minutes before serving.

6. SPROUTS SOUP

Ingredients:

- 1 Cup Moong, Kala Chana Sprouts
- 1 tsp Cumin Seeds
- Fresh Spinach leaves
- 1/4 Cup Corns
- Salt, to taste
- Black pepper, to taste

- Water as required
- 1 tsp oil

Method:

- In a grinder add 1 cup mixed sprouts & grind by adding water gradually.
- In a pan heat 1 tsp oil, add cumin seeds, sprouts paste, fresh corns and spinach leaves and mix it well, add water and combine properly.
- Add salt and black pepper according to taste. Mix well, cover with lid & let it simmer for few minutes
- You can add lemon juice on top and serve hot.

7. SWEET POTATO VEGETABLE SOUP

Ingredients:

- 1 sweet potato
- 1.5 tsp pure peanut butter
- 1/2 cup beans
- 1/2 cup carrot
- 1 cup mushrooms
- 1 amla
- Some boiled peas
- Salt and black pepper, to taste

Method:

- Take a pan and cook the sweet potato in some water. Reduce heat and let it cool completely
- Blend these cooked sweet potato and peanut butter with some water
- In a pan, add 2 tbsp water, add 1/2 cup corn, 1/2 cup beans, 1/2 cup carrot, 1 cup mushrooms and 1 amla in the pan

- Add some boiled peas, salt and black pepper to taste.
- Add the blended mixture to this pan. Add water to improve consistency and bring the mixture to a boil.
- Serve hot.

8. GREEN VEGGIES SOUP

Ingredients:

- 1 medium sized tomato
- Ginger and garlic
- Seasonal veggies (French beans, carrots and mushrooms)
- Cabbage, broccoli, capsicum, bell peppers, Zucchini
- Methi leaves or spinach
- Salt and black pepper, to taste
- Herbs and spices of choice

METHOD

- In a pan, add some water, tomato, ginger, garlic. Cover and cook this on low heat.
- Remove the peel from the tomatoes and blend this mixture with some water.
- In the pan, add some water and veggies. Cook these veggies on low heat. Add salt and black pepper according to the taste.
- Add the blended mixture to this pan.
- Bring the mixture to a boil and let it simmer for a few minutes.
- Add herbs and spices of your choice. Serve hot.

9. DAL SOUP

Ingredients:

- 3 tbsp soaked masoor dal
- 1 tomato

- Seasonal vegetables
- Salt and black pepper, to taste

Method:

- Add the masoor dal to a pan. Add 1/2 cup water and start boiling. Once the mixture starts to boil, reduce heat and cook.
- Add tomato and seasonal vegetables to the dal, once cooked, let the mixture cool completely
- Peel the tomatoes and blend this mixture with some water.
- Add salt and black pepper to taste.

Serve hot.

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Salads

10. MIXED VEGETABLE SALAD WITH CURD SAUCE

Ingredients:

- Green peas, shelled
- Carrots, chopped
- French beans, chopped
- Corn
- Cabbage, chopped
- Capsicum, chopped
- Beetroot, chopped
- Green chilli, chopped
- A few leaves of Mint, finely chopped
- Hung Curd
- Salt, to taste
- Black pepper powder, to taste

Method

- Steam the peas, carrots, corn, cabbage, capsicum, beetroot and beans till tender.
- Chill the steamed vegetables for about an hour in a refrigerator. Add chopped green chilli.
- In a large mixing bowl, mix the vegetables, curd and season with salt and pepper and mix well.

- Sprinkle with chopped mint and serve.

11. RUSSIAN SALAD

Ingredients:

- Potatoes, boiled and chopped
- Pineapple, chopped
- Beans, chopped
- Carrots, chopped
- Peas, shelled
- Eggs (optional)
- Salad Leaves (optional)
- Hung Curd
- Salt, to taste
- White/ Black pepper powder, to taste

Method:

- Steam peas, beans and carrots till tender.
- Hard boil the egg by boiling for 10-12 minutes and then put it in cold water. Shell and slice the egg.
- In a large mixing bowl, mix the hung curd and seasonings. Mix the vegetables, egg and pineapple bits with the prepared dressing and place on a bowl lined with salad leaves.

12. PASTA/ MACRONI SALAD

Ingredients

- 30 gm uncooked wheat pasta
- 20 gm cherry tomatoes cut in halves
- 1 large bell pepper diced
- 1 cup pitted olives, cut in halves (optional)
- 1 onion finely, chopped
- 20 gm paneer, shredded
- 1 tbsp extra virgin olive oil/ cooking oil
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste

Method

- Boil pasta in a pot of salted water.
- Drain in a strainer and rinse with cold water to prevent cooking. Set aside to cool and drain well.
- In a large salad bowl, add tomatoes, bell pepper, olives, onion and paneer. Set aside.
- In a medium bowl, whisk olive oil, dried oregano and basil.
- Add cooked pasta to the salad bowl, drizzle with dressing and stir gently with a large spoon to combine. Add salt and black pepper according to the taste.
- Keep it in the refrigerator and allow it to chill for 30 minutes before serving.

13. CHICKEN SALAD

Ingredients:

- 30 gm chicken, cubed
- 1 large celery stalks, diced
- 1 onion, finely chopped
- 1/4 cup parsley or dill finely chopped (optional)
- 4-5 almonds/ walnuts, chopped
- 1/2 cup hung curd
- 1 tsp olive oil
- 1/2 tsp salt
- Black pepper, to taste

Method:

- In a medium bowl, add cooked chicken, celery, onion, parsley, curd, oil, salt and pepper. Stir gently to mix and adjust salt to taste if necessary.
- Refrigerate for at least 2 hours as salad tastes best cold.
- Serve

14. CARROT MOONG DAL SALAD

Ingredients:

- ½ cup moong dal, soaked for 2 hours
- 1 carrot, grated
- ¼ cup coconut, grated

- Coriander leaves, chopped
- 1 green chilli, chopped
- 2 tbsp pomegranate seeds
- Lemon juice
- Salt, to taste
- ½ tsp mustard seeds
- 1 tsp urad dal
- a pinch of hing
- 5-6 curry leaves
- 1 tsp oil

Method:

- In a mixing bowl, add grated carrot, grated coconut, green chilli and half lemon in a mixing bowl add strained moong dal and mix them well. Furthermore, add coriander leaves.
- Moong dal carrot salad is ready.
- Just before serving, add salt and lemon juice and mix well.
- Furthermore, in a small pan heat oil and crackle mustard seeds and add urad dal and fry until it turns red. Add curry leaves and hing and fry for a few more seconds. Add the seasoning to the mixed salad and mix it nicely
- Finally, garnish it with pomegranate and serve.

15. STIR FRY VEGETABLES

Ingredients:

- Different veggies of your choice
- 2 pods of garlic, finely chopped

- Salt and pepper to taste
 - Chilli flakes
 - Oregano
 - Olive oil- 1 tsp
 - Basil leaves to garnish
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Method:

- Take available vegetable, 1 bowl, cube size chopped
 - Heat oil in a pan, add garlic to it and saute
 - Add onion, carrot and stir fry
 - Now add other veggies & cook till half done
 - Then cover and keep for 5 mins
 - Adjust seasoning as per taste and garnish
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Chaat

16. CHANA / CHOLE/ RAJMA CHAAT

Ingredients

- ½ cup boiled chana/ chole/ rajma
- ½ cup sprouts
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 finely chopped green chilli
- ½ tsp chaat masala
- red chilli powder as required
- jeera powder as required
- salt as required
- 1 handful coriander leaves
- 2 tablespoon lemon juice

Method:

- Combine the boiled chana/ chole/ rajma, sprouts and chopped veggies, lemon juice and add red chilli powder, salt, jeera powder and chat masala into a large mixing bowl.
- Sprinkle some chopped coriander leaves on the top and serve.

17. MATAR CHAAT

INGREDIENTS

- 1 cup Dried WHITE PEAS
- 1 inch Ginger , finely chopped
- 1 teaspoon Red Chilli powder
- 1/2 cup Tomatoes , Chopped
- 1/2 teaspoon Cumin powder (Jeera)
- 1 teaspoon Amchur (Dry Mango Powder)
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Fennel seeds (Saunf)
- 1/2 inch Cinnamon Stick (Dalchini)
- 2 Bay leaves (tejpatta)
- Salt , to taste
- Lemon juice

To Garnish

- 1 Onion , finely chopped
- 2 inch Ginger , cut into thin strips
- 1 Green Chilli , finely chopped
- Coriander (Dhania) Leaves , finely chopped

Method:

- Soak the dried white peas / matar for at least 5 to 6 hours or overnight hour and keep it aside.
- Heat a pressure cooker with oil, add bay leaf, cinnamon stick and fennel seeds. Saute till the aroma comes out.
- Then add the ginger and sauté for few seconds. Add tomatoes, cook till it is softened.

- Finally add the rest of the spice powders and give the masala for the chaat a stir. Cook for about 3 to 4 minutes.
- Add the soaked dried white peas and give it a stir. Add 2 cups of water and pressure cook it for 4 to 5 whistles or for at least 20 to 25 minutes and turn off the heat.
- Once done, release the pressure naturally, as the MatarChaat will continue to cook while there is pressure.
- Add lemon juice and give it a stir.
- Sprinkle onions, ginger, green chilies and top it with mint chutney and chopped coriander leaves and serve hot.

18. MOONG DAL CHAAT

Ingredients

- 1 cup moong dal, boiled
- 2 tsp ginger garlic paste
- 2 onion, finely chopped
- 2 tomato, finely chopped
- 1 carrot, finely chopped
- 2 capsicum, finely chopped
- Coriander leaves
- 1 tsp Oil
- Salt, to taste
- Lemon juice

Method

- Put a pan on medium flame and heat some oil in it. Add the boiled moong dal, ginger and garlic paste, and salt in the pan. Saute this mix for a minute.
- Also, add chopped onions, tomatoes and carrots into the pan and stir-fry for a minute.
- When this mixture is cooked, switch off the heat and add lemon juice into it. Mix it well.
- Finally, transfer the moong dal chaat into a serving dish and garnish with coriander leaves before serving.

19. THREE BEAN CHAAT

Ingredients

- 1/2 cup rajma, boiled
 - 1/2 cup chana, boiled
 - 1/2 cup chowli beans, boiled
 - 1/2 cup green beans, chopped
 - 1/2 cup onions, chopped
 - 1/2 cup tomatoes, chopped
 - 1/2 cup cucumber, chopped
 - 1/2 cup pomegranate
 - 1 tsp chaat masala
 - Salt and pepper, to taste
 - Lemon juice
 - Coriander leaves, finely chopped
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Method

- Combine all the above mentioned ingredients into a large mixing bowl.
- Mix it well and keep it in the fridge for approx an hour.
- Serve chilled.

20. OATS CHAAT

Ingredients :

- ¼ cup Quick cooking Oats
- ¼ tsp Chutney of mint and tamarind
- 1½ tbsp Curd
- 1 tbsp Pomegranate
- ¼ tsp Chaat masala
- ¼ tsp Jeera powder
- Salt To taste
- Cucumber, finely chopped
- Onion, finely chopped
- Tomato, finely chopped
- Capsicum, finely chopped
- Coriander leaves for garnishing

Method:

- Dry roast the Oats in a pan in a low flame for 5 min.
- Allow this to cool completely.
- In a bowl add curd, chaat masala, jeera powder and mix well.
- Add the chutney
- Add this to the roasted oats. Mix well.
- Add the chopped cucumber, capsicum ,tomato, onion and pomegranate. Add the coriander leaves on top

21. CORN BHEL CHAAT

Ingredients :

- Boiled Corn Kernels – 2 cup

- Mixed Herbs – 1 tsp
- Salt to taste
- Chaat masala – 1 tsp
- Chopped Onion – ½ cup
- Chopped Capsicum (mix color) – 1 cup
- Red chilli flakes – 1 tsp
- Coriander chutney – 2tsp
- Tamarind chutney – 1 tsp (optional)

Method :

- Mix everything together and microwave for a min.
- Serve Hot.

22. MAKHANA CHAT

Ingredients:

- 1 cup makhana, roasted
- 1 cup curd, whisked
- 1 tsp jaggery sugar (optional)
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 inch ginger, grated
- 1 green chilly, finely chopped
- Coriander leaves, finely chopped
- Black salt, to taste
- Black pepper, to taste

For Garnish:

- Peanuts
- Pomegranate

Method:

- Combine all the ingredients in a large mixing bowl and mix well.
- Garnish with peanuts and pomegranate.
- Serve in a bowl.

23. SHAKARKANDI CHAT

Ingredients:

- 1 cup shakarkandi, boiled and diced
- 1 tbsp Peanuts, roasted
- 1 tsp chaat masala
- 1 tsp jeera powder
- Tamarind chutney
- Black salt, to taste
- Black pepper, to taste
- Lemon juice

For Garnish:

- 1 onion, chopped
- Coriander leaves
- Sesame seeds

Method:

- Combine all the above listed ingredients in a large mixing bowl and mix them well.
- Serve it in a bowl.
- Garnish with chopped onion, coriander leaves and sesame seeds.

24. RAW BANANA CHAT

Ingredients:

- 1 cup raw banana, boiled and diced
- 1 tbsp Peanuts, roasted
- 1 tsp chaat masala
- 1 tsp jeera powder
- Tamarind chutney
- Black salt, to taste
- Black pepper, to taste
- Lemon juice

For Garnish:

- 1 onion, chopped
- Coriander leaves
- Sesame seeds

Method:

- Combine all the above listed ingredients in a large mixing bowl and mix them well.
- Serve it in a bowl.
- Garnish with chopped onion, coriander leaves and sesame seeds.

25. TOMATO CHAAT

Ingredients :

- 2 sliced tomatoes
- 50g cottage cheese (paneer)
- 1 tsp chaat masala
- 1 tsp rock salt

- 1 tsp black salt
- 2 tbsp coriander chutney
- Chopped coriander leaves

Method:

- Arrange sliced tomatoes in a plate. Apply chutney over it.
- Add grated paneer on each slice.
- Sprinkle all the spices and coriander leaves.

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Muthiya

26. VEGETABLE HANDVA

Ingredients -

4 tbsp Handva atta

2 tbsp Curd

Water

1/2 Lauki, grated

1 Carrot, grated

1 Tomato, chopped

1 Onion, chopped

1 tsp Ginger garlic paste

2-3 Green chillies

2 tsp Oil

1 tsp Mustard seeds

1tsp Sesame seeds

A pinch of Turmeric powder

Red chilli powder, to taste

Salt, to taste

Method -

- In a large mixing bowl, add handva atta, Curd and water and mix it well. Make semi solid consistency batter. Keep it aside for 3-4 hrs
- Add grated and chopped veggies along with spices. Mix them well with the batter.
- In a pan, heat oil, add mustard seeds and allow them to splutter. Add the handva batter to it and let it cook.
- Roast it from upside down thoroughly on both the sides. Sprinkle sesame seeds on it.
- Ready to serve with home made green chutney.
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27. GUJRATI MOOLI BAJRA MUTHIYA

Ingredients: For Muthiya Dough:

- 2 Mooli (radish), peeled and grated
- Handful of chopped Mooli Ke Patte (Radish Greens)
- 1 cup Bajra Flour (Pearl Millet)
- 2 teaspoons Ajwain (Carom seeds)
- 1 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Cumin powder (Jeera)
- 1/2 teaspoon Asafoetida (hing)
- 1 teaspoon Turmeric powder (Haldi)
- 1 tsp of Green Chilli Paste , or red chilli powder
- 2 teaspoon Ginger Garlic Paste
- Coriander (Dhania) Leaves , a handful, chopped
- 1 tablespoon Oil
- 2 teaspoons Lemon juice

- Salt , to taste

For tadka :

- 1 tbsp of cooking oil
- 1 tsp of mustard seeds
- 1 tsp of cumin seeds
- 1 teaspoon Fennel seeds (Saunf)
- 2 teaspoons Sesame seeds (Til seeds)
- 4 -5 Curry leaves

Method:

- Combine mooli (radish), mooli ke patte (radish greens), bajra flour, whole wheat flour, besan, ajwain, dhaniya-jeera powder, hing, turmeric powder, green chilli paste, ginger garlic paste, coriander leaves, oil, lime juice and salt in a mixing bowl.
- Add some water and mix till everything comes together. Do not knead the dough too much.
- Prepare logs of dough with your palms.
- Grease the steamer plate with some oil.
- Place the logs on the steamer plate and steam them for about 15-20 minutes.
- Allow them to cool and slice the logs to about 1 inch thick.
- In a non-stick pan, heat cooking oil. Once the oil is hot, add the cumin seeds and mustard seeds and once they splutter, add in the curry leaves, fennel seeds and sesame seeds.
- Add the sliced Mooli Bajra Muthia and fry them on medium heat till they turn to a light golden colour.
- Serve Gujarati Mooli Bajra Muthiya hot with homemade chutney of your choice.

28. CABBAGE JOWAR MUTHIYA

Ingredients

For Dough:

- 1 cup grated cabbage
- 1 cup jowar flour
- ¼ cup curd
- 2 tbsp of chopped coriander leaves
- ½ tbsp of lemon juice
- 1 tsp of green chilli paste
- 1 tsp of ginger garlic paste
- ½ tsp of turmeric powder
- ½ tsp of hing
- Salt to taste

For Tadka:

- 1 tbsp of cooking oil
- 1 tsp of mustard seeds
- 1 tsp of cumin seeds
- 1 teaspoon Fennel seeds (Saunf)
- 2 teaspoons Sesame seeds (Til seeds)
- 4-5 curry leaves

Method:

- Combine cabbage, jowar flour, hing, turmeric powder, green chilli paste, ginger garlic paste, coriander leaves, oil, lime juice and salt in a mixing bowl.

- Add some water and mix till everything comes together. Do not knead the dough too much.
- Prepare logs of dough with your palms.
- Grease the steamer plate with some oil.
- Place the logs on the steamer plate and steam them for about 15-20 minutes.
- Allow them to cool and slice the logs to about 1 inch thick.
- In a non-stick pan, heat cooking oil. Once the oil is hot, add the cumin seeds and mustard seeds and once they splutter, add in the curry leaves, fennel seeds and sesame seeds.
- Add the sliced Muthiya and fry them on medium heat till they turn to a light golden colour.
- Serve Cabbage Jowar Muthiya hot with homemade chutney of your choice.

29. LAUKI MUTHIYA (LOW CALORIE) 4 SERVING

Ingredient:

For Muthiya Dough:

- 2 cups of grated lauki
- 1 cup besan
- 2 teaspoons Ajwain (Carom seeds)
- 1 teaspoon Cumin powder (Jeera)
- 1/2 teaspoon Asafoetida (hing)
- 1 tsp Turmeric powder (Haldi)

- ½ tsp of garam masala
- 1 tsp of Green Chilli Paste , or red chilli powder
- 2 tsp Ginger Garlic Paste
- Coriander (Dhania) Leaves , a handful, chopped
- 1 tbsp Oil
- 2 tsp of Lemon juice
- Salt , to taste

For tadka :

- 1 tbsp of cooking oil
- 1 tsp of mustard seeds
- 2 teaspoons Cumin powder (Jeera)
- 1 teaspoon Fennel seeds (Saunf)
- 2 teaspoons Sesame seeds (Til seeds)
- 4 -5 Curry leaves

Method:

- Combine lauki, besan, ajwain, cumin seeds, hing, turmeric powder, green chilli paste, ginger garlic paste, coriander leaves, oil, lime juice and salt in a mixing bowl.
- Add some water and mix till everything comes together. Do not knead the dough too much.
- Prepare logs of dough with your palms.
- Grease the steamer plate with some oil.
- Place the logs on the steamer plate and steam them for about 15-20 minutes.
- Allow them to cool and slice the logs to about 1 inch thick.

- In a non-stick pan, heat cooking oil. Once the oil is hot, add the cumin seeds and mustard seeds and once they splutter, add in the curry leaves, fennel seeds and sesame seeds.
- Add the sliced Muthiya and fry them on medium heat till they turn to a light golden colour.
- Serve Lauki Muthiya hot with homemade chutney of your choice.

30. KOTHIMBIRVADI

Ingredients:

- 1 cup besan
- 2 tbsp rice flour
- ¼ tsp turmeric
- 1 tsp jeera
- 1 tsp dhaniya powder
- 4-5 green chillies ground into a paste
- 1 tsp ginger garlic paste
- 1 tbsp sesame seed
- Salt as per taste
- 1 lemon
- 3-4 tsp oil
- ¼ tsp baking soda
- 1 tsp mustard seeds
- 1 tsp jeera
- ½ tsp hing
- 2 cup coriander leaves finely chopped
- 10 curry leaves

- Water

Method:

- Combine besan, rice flour, ajwain, hing, turmeric powder, jeera, dhaniya powder, green chilli paste, ginger garlic paste, coriander leaves, oil, lemon juice, salt and water in a mixing bowl to make a smooth thick batter..
- Grease the steamer pan with some oil.
- Pour the batter into greased pan and steam for 15 min until it is cooked.
- Allow them to cool and cut it into small pieces.
- In a non-stick pan, heat cooking oil. Once the oil is hot, add the cumin seeds and mustard seeds and once they splutter, add in the curry leaves.
- Add the cut pieces of the Kothimbirvadi to the oil.
- Sprinkle sesame seeds over the cut and fried pcs and sprinkle coriander leaves and serve hot with homemade chutney of your choice

31. BUCKWHEAT DHOKLA: PCOD FRIENDLY AND GLUTEN FREE

Ingredients:

- 1 bowl buckwheat
- 8 tbsp curd
- 200 ml water
- 2 tsp salt
- 1 tsp pepper
- 1 tsp jeera
- 1 tsp green chilly paste
- 1 tsp ginger garlic paste

- 3/4th cup Bell pepper
- 3/4th cup Lauki grated

Method

- Combine buckwheat, curd, chopped bell pepper, grated lauki, pepper, salt, jeera, green chilly paste, ginger garlic paste and water and mix it well to make a smooth thick batter.
- Grease the steamer pan with some oil.
- Pour the batter into the greased pan and steam it for 20 min until its cooked.
- Remove and cut into pcs and serve with mint chutney.

32. LAPSI METHI MUTHIYA

Ingredients

- 1/2 cup broken wheat - Lapsi - Dalia
- 1/2 cup fresh finely chopped fenugreek leaves - Methi
- 1 cup besan
- 1 tsp ginger garlic paste
- 1 tsp chilli paste
- 3-4 tbsp. sour curd
- 1-2 tsp. oil
- Salt to taste
- Water

For Tadka:

- 2 tbsp. oil
- 1 tsp. mustard seeds
- Pinch hing

- 1-2 dry red chillies
- 7-8 fresh curry leaves
- 1 tbsp. sesame seeds

For Garnish:

- Handful of fresh finely chopped coriander leaves
- 1 tbsp. grated coconut
- Lemon wedges

Method

- Clean, wash and soak broken wheat in water for about half an hour.
- Discard the water, add new water and cook broken wheat in pressure cooker, cooked broken wheat should not be runny, almost like cooked rice. Let it cool at room temperature.
- Take a mixing bowl, and mix all the ingredients given for muthiya and knead it into a chapati like dough.
- Divide the dough into equal portions and shape them into round balls.
- Arrange them on a greased steamer plate and steam for about 20-25 minutes until its cooked.
- Let it cool for 5 to 10 minutes.
- In a nonstick pan, add oil, mustard seeds and once they splutter add hing, dried red chillies and curry leaves.
- Fry for a few seconds and add the steamed muthiya to the tadka and sprinkle the sesame seeds over them.
- Sauté them for about 4-5 minutes.
- Garnish them with coriander leaves, grated coconut and lemon wedges.

- Serve hot with homemade chutney of your choice.

33. MUSHROOM MUTHIYA

Ingredient:

For Muthiya Dough:

- 1 cup of mushroom
- 1 big onion
- 2-3 bread slices
- Bread crumbs
- Black pepper, to taste
- 2 tsp Ginger Garlic Paste
- Salt , to taste



Method:

- Boil Mushrooms in a heavy bottomed- saucepan till they become tender.
- Heat oil in pan, sauté onion till they become light pink
- Soak bread in water for 5 minutes
- Squeeze out water from bread and mushrooms
- Blend mushrooms, onion, bread, salt and black pepper together
- Shape into oval patties and roll into bread crumbs
- Serve the patties with chutney of your choice.

34. VEGETABLE MUTHIYA

Ingredient:

For Muthiya Dough:

- 2 cups of grated vegetables (carrot, cabbage, methi, palak, lauki, beetroot, capsicum)
- 1 cup besan
- 2 teaspoons Ajwain (Carom seeds)
- 1 teaspoon Cumin powder (Jeera)
- 1/2 teaspoon Asafoetida (hing)
- 1 tsp Turmeric powder (Haldi)
- ½ tsp of garam masala
- 1 tsp of Green Chilli Paste , or red chilli powder
- 2 tsp Ginger Garlic Paste
- Coriander (Dhania) Leaves , a handful, chopped
- 1 tbsp Oil
- 2 tsp of Lemon juice
- Salt , to taste

For Tadka :

- 1 tbsp of cooking oil
- 1 tsp of mustard seeds
- 2 teaspoons Cumin powder (Jeera)
- 1 teaspoon Fennel seeds (Saunf)
- 2 teaspoons Sesame seeds (Til seeds)
- 4 -5 Curry leaves

Method:

- Combine all the grated vegetables, besan, ajwain, cumin seeds, hing, turmeric powder, green chilli paste, ginger garlic paste, coriander leaves, oil, lime juice and salt in a mixing bowl.
- Add some water and mix till everything comes together. Do not knead the dough too much.
- Prepare logs of dough with your palms.
- Grease the steamer plate with some oil.
- Place the logs on the steamer plate and steam them for about 15-20 minutes.
- Allow them to cool and slice the logs to about 1 inch thick.
- In a non-stick pan, heat cooking oil. Once the oil is hot, add the cumin seeds and mustard seeds and once they splutter, add in the curry leaves, fennel seeds and sesame seeds.
- Add the sliced Muthiya and fry them on medium heat till they turn to a light golden colour.
- Serve Vegetable Muthiya hot with homemade chutney of your choice.



Cutlets & Kebabs

35. SPINACH AND CHANA DAL CUTLET

Ingredients-

- Potatoes- 100 gm
- Chana dal- 20 gm
- Spinach- 25 gm
- Green chilli- 2 to 3
- Salt, to taste
- Red chilli powder-1/4 tsp
- Amchur and garam masala-1/4 tsp each
- Bread crumbs-2 tsp
- Fat

Method:

- Boil, peel and mash potatoes
- Cook chana dal till tender and Dry off the excess water
- Wash and chop spinach and green chillies finely
- Mix all the ingredients along with the spices
- Shape into cutlets of desired shape
- Shallow fry them till golden brown

36. VEGETABLE SEEKH KEBAB

Ingredients:

- Potatoes- 100 gm
- Onion- 1 medium
- Carrot- ½, finely chopped
- Paneer- 30 g
- Bread crumbs
- Ginger- 1 inch
- Green chilli- 2-3
- Coriander leaves, finely chopped
- Red chilli powder, to taste
- Roasted cumin powder-1/2 tsp
- Amchur-1/4 tsp
- Salt, to taste
- Fat

Method:

- Boil, peel and mash potatoes
- Grind ginger, green chilli and coriander leaves to a paste
- Add the paste, crumbled paneer, chopped carrots, chopped onions and bread crumbs to mashed potatoes and mix well
- Divide the mixture into four portions and flattened them. Put each portion on a skewer and using moistened hand, fold the mixture till it encircles the skewer.
- Shallow fry them till golden brown

37. PEANUT CUTLETS

Ingredients-

- Potatoes-100g
- Peanut-50g
- Green chilli-1/2
- Coriander leaves-a few
- Salt, to taste
- Red chilli powder, to taste
- Amchur and garam masala-1/4 tsp each
- Bread crumbs-2 tsp
- Fat

Method:

- Boil, peel and mash potatoes
- Roast the peanuts, remove the red skin and grind them coarsely
- Wash and chop green chillies and coriander leaves
- Mix all the above ingredients along with the dry spices
- Shape into cutlets of desired shape
- Coat the cutlets with bread crumbs
- Shallow fry them till golden brown

38. FISH CUTLET

Ingredients-

- Fish- 75g
- Garlic-2 clove
- Whole black pepper-2 corns
- Vinegar-1 tsp

- Potatoes-100 gm
- Onion- 20 gm
- Green chilli-1/2
- Coriander leaves-a few
- Salt-1/2t
- Red chilli powder-1/4t
- Amchur and garam masala-1/4t each
- Egg-1/4
- Bread crumbs-2T
- Fat

Method:

- Wash and clean the fish
- Cook the fish with vinegar, garlic and whole black pepper till done. Remove bones and flake it
- Boil the potatoes, peel and mash them
- Chop onion, green chillies and coriander leaves
- Take one teaspoon of fat in a pan and fry the chopped onion etc
- Add flaked fish to it and cook till all the the moisture dries off
- Add the mashed potatoes and spices to the fish mixture and mix well
- Shape into cutlets
- Dip in beaten egg and coat with bread crumbs
- Shallow fry them till golden brown.

39. POHA CUTLETS

Ingredients-

- Potatoes-100g
- Poha-30g
- Paneer, 30 gms
- Green Chilli-1/2
- Onion- 1 medium

- Green Peas- 1 small bowl, chopped
- Carrot- ½ chopped
- Coriander leaves, chopped
- Salt, to taste
- Red chilli powder-1/4t
- Amchur and garam masala-1/4t each
- Bread crumbs-2 tsp
- Oil

Method:

- Boil peel and mash potatoes.
- Wash poha in a strainer.
- Wash and chop green chillies and coriander leaves.
- Add poha, paneer, onion, green peas, carrot, green chillies, coriander leaves and spices to the mashed potatoes and mix well.
- Shape into cutlets of desired shape.
- Dip in beaten egg and coat with bread crumbs.
- Shallow fry till golden brown.
- Serve hot with chutney.

40. DAHI KEBAB

Ingredients:

- 2 cups hung curd
- 2 tbsp coriander leaves
- 1 tbsp besan, roasted
- 1 cup onions, chopped
- 3 Green chillies

- 1 tsp ginger, chopped
- Salt, to taste
- Black pepper powder, to taste
- 1 tsp paneer
- 2 tbsp red chilli flakes
- Bread crumbs

Method :

-
- Take hung curd in a bowl, add salt, black pepper powder, red chilli flakes, green chillies, chopped onions, coriander leaves, grated paneer and roasted besan.
 - Mix all the ingredients together to make dough.
 - Now, pull out round pieces from the dough and coat it with bread crumbs.
 - Shallow fry the round pieces until golden brown.
 - Serve the hot dahi kebabs with mint chutney.
-

41. RAJMA KEBAB

Ingredients:

-
- 2 cups rajma, boiled and mashed
 - Hing, a pinch
 - 1 tsp jeera
 - 4-5 badi elaichi
 - 2 Tbsp garlic paste
 - 1 Tbsp ginger, chopped finely

- 1 medium sized onion, grated
- 1 cup tomato puree
- 1 tsp chilli powder or to taste
- Salt, to taste
- 1 tsp garam masala
- 1 green chilli finely chopped (optional)
- 2-3 Tbsp chopped coriander leaves
- 1 Tbsp whipped curd
- 6-7 Tbsp breadcrumbs

Method:

-
- In a pan add 2 Tbsp oil and a pinch of hing. Once the oil heats add jeera and elaichi dana. Let it flutter.
 - Add garlic and ginger paste. Once it browns a little, add onions and saute till golden brown. In case the onions start to burn add a little water.
 - Add the tomato puree, chilli powder, garam masala, green chillies and salt.
 - Once the masala starts to leave sides add whipped curd, coriander and the rajma. Cook for 5 minutes. Stir continuously till the masala leaves the pan from all sides. Let the masala cool for a while.
 - Once cooled, add 2 Tbsp breadcrumbs to it. Make elongated kebabs from the mixture.
 - Roll the kebabs in breadcrumbs. Keep them in the freezer for 10 minutes.
 - Shallow fry in a pan till golden brown.
 - Serve hot with homemade chutney of your choice.

42. GREEN KEBAB

Ingredients:

- 4 boiled potatoes
- Small bunch of fresh coriander
- Small bunch of parsley
- 50 gm spinach
- 100 gm green peas
- 1 inch ginger
- 2 cloves garlic
- 1 green chilli
- 1 lime
- 1 tsp jeera powder
- Salt to taste
- 1 tsp chaat masala
- Roasted besan, for binding
- 4 Tbsp bread crumbs
- 2 tsp oil to shallow fry

Method:

- Boil the water with salt. Add spinach and green peas into it
- Strain them and keep them in cold water for sometime.
- In a blender add boiled potatoes, salt, jeera powder, fresh ginger, garlic, fresh coriander, parsley, green chilli, lime, chaat masala, blanched spinach and green peas and little refined oil. Blend them together.
- Put them in a bowl. Add salt and roasted besan. Make small balls and shape them into kebabs
- Shallow Fry the kebabs & Serve Hot.

43. COCONUT KEBAB

Ingredients:

- 3 Carrots
 - 2 Potatoes
 - 100 Gram Spinach
 - 50 Gram fresh coriander leaves
 - 3 Green chillies
 - Red chilli powder to taste
 - Salt, to taste
 - 300 Gram Coconut
 - Oil
-

Method:

- Boil all the vegetables and mash.
- Put all the spices and mix.
- Make tikkis of the mixture. Coat them with grated coconut.
- Shallow fry them and serve them with mint chutney

44. PANEER PUDINA KEBAB

Ingredients-

- 100gm Paneer, crumbled
- 1 Potato, Boiled
- 1.5 tbsp Fresh Mint chopped
- 1 tsp pepper powder
- 3 Green chilies Chopped

- 1 tbsp ginger garlic paste
- 1.5 tsp Lemon Juice
- 4 tbsp Almonds-walnuts crushed mixture
- 1/2 tsp Chaat Masala
- Salt to taste
- Oil

Method:

- Take a bowl, mix paneer, potatoes, mint, salt, chilles, ginger garlic paste, lemon juice. Mix and make a smooth dough.
- In a bowl mix crushed nuts and pinch of chat masala.
- Take a small portion from the dough, stuff with nuts mixture, seal and make a flat cutlet.
- Heat oil in a pan and shallow fry (or air fry) the cutlets on medium flame.
- Serve with homemade chutney of your choice.

45. BEETROOT CUTLET

Ingredients-

- Grated Beetroot - 1 Cup
- Boiled & Mashed Potato - 1/2 Cup
- Breadcrumbs
- Rice Flour - 2 Tbsp
- Red Chilli Powder - 1/2 Tsp
- Salt to taste
- Chat Masala - 1 Tsp
- Black Salt to taste
- Lime Juice - 1 Tsp
- Oil - 3 Tbsp For Shallow Frying

Method :

- In a mixing bowl add grated beetroot, boiled and mashed potato, breadcrumbs, rice flour, red chilli powder, salt, chat masala powder, black salt and lime juice.
- Mix everything well together to form a stiff dough.

- Apply water on palms. This will prevent the dough from sticking and help in forming cutlets easily.
- Make cutlets from the dough and roll them in the breadcrumbs.
- Heat oil in a frying pan. Place cutlets and cook on all sides on a medium-low flame till golden brown.
- Serve hot with chutney of your choice.

46. CHICKEN KEBAB

Ingredients-

- 100 gm boneless chicken
- 1/2 cup hung curd
- 1 tablespoon ginger-garlic paste
- 2-3 green chillies
- 1/2 tsp kasoori methi
- 1 tsp Garam masala powder
- 1 teaspoon Lemon juice
- 2 tablespoon oil
- Black pepper to taste

Method-

- Prepare the marination by mixing hung curd, ginger-garlic paste, green chilli paste, black pepper powder, kasoori methi, garam masala, lemon juice and salt.
- Marinate the bonless chicken pieces. Mix them well. Keep it for marination for at least 1 hour.
- After marination, add oil and mix it well. Now pierce chicken cubes one in skewer, chicken is nicely marinated, so it will pierce easily.
- Heat a pan and brush it with 1/2 tablespoon oil and spread the marinated chicken on it.
- Cover with lid & cook on medium flame for 2 min. After cooking it for 2 minutes on one side, we'll flip it over. Simmer the flame and cover it with lid and cook for 5 minutes. After 5 minutes open the lid and cook it on high flame until the water gets dry.

- Now heat in grill maker. Cook out until you get nice grill marks. On high flame slightly roast the chicken pieces to get the smokey flavour.

47. SPROUTS CHANA KEBAB

Ingredients-

- Oats flour- 30 gm
- Boiled sprouts- 30 gm
- Boiled chana- 20 gm
- 1 Tomato, finely chopped
- 1 Onion, finely chopped
- 1 Carrots, finely chopped
- 1 Bell peppers, finely chopped
- 1 bowl Sweet corn, boiled
- Salt- to taste
- Black pepper- ½ tsp
- Cumin powder- 1 tsp
- Ginger garlic paste- 1 tsp
- Green chillies-2 (small)
- Oil- 3 tbsp
- Breadcrumbs- 3 tbsp

Method-

- In a bowl, add all the above ingredients. Mix it well.
- Prepare into tikki shape. Apply breadcrumbs on both the sides.
- Shallow fry in oil or air fry till it turns golden brown crisp in nature.

48. SABUDANA SEEKH KABAB

Ingredients:

- 2 Cups mashed potatoes, boiled
- 1 cup soft sabudana, soaked
- 5 tbsp groundnut powder, roasted
- 2 tsp curd
- 4-5 red chilli, finely chopped
- 2 tbsp rajgira flour
- Black Salt to taste
- 1/2 tsp sugar (optional)
- Oil or ghee
- 1/2 cup coriander leaves (optional), chopped

Method:

- Add boiled and mashed potatoes together with sabudana.
- Mix with roasted groundnut powder, curd, finely chopped red chili, chopped coriander leaves, rajgira flour, salt and a pinch of sugar.
- Knead lightly to form soft dough.
- Add the dough onto the skewers or seekh and grill at high heat.
- Brush over with ghee. Cook until evenly browned.
- Serve hot with any chutney.

Rolls & Wraps

49. DELICIOUS AND PROTEIN RICH EGG ROLL

Ingredients:

- Egg- 1
- Onion: 1/2 cut into slices
- Cucumber: 1/2 cut into slices
- Chilli Tomato chutney- 1 tablespoon
- Black Salt: 1 pinch
- Cooking Oil: 1 teaspoon
- Salt: to taste
- Black Pepper: a pinch
- Green Chilli: 1 medium sizes, chopped
- Flour, for making wrap

Method:

- Take a Bowl and put the sliced onion, cucumber and chili tomato chutney into it and mix well. Keep it aside.
- Take a bowl and break the egg in it. Add Salt, Pepper and chopped green chillis and beat them well.
- Now heat a flat non-stick pan and put oil into it to heat.
- Add the beaten egg paste to it and let it cook on one side.
- Make a dough of the flour for 1 chapati and make a wrap , add cooked egg paste on the wrap.
- Brush a little oil on the side of the wrap, then flip the side and let it cook on the other side.
- Once done, take it out and put it on a plate with the side with the egg on top.
- Now put filling on the wrap and then fold it in the form of a roll.

50. PANEER ROLL

Ingredients:

- Paneer- 1 cup, cubes
- Ginger-garlic paste- 1 teaspoon
- Jeera powder- 1 teaspoon
- Tandoori masala- 1-2 teaspoon
- Kashmiri red chilli powder- half teaspoon
- Butter- 1 tablespoon
- Salt- as per taste
- Blanched cabbage leaves- 4
- Pudina chutney- 2 teaspoon
- Lemon juice- if needed
- Tomato chutney
- Flour, for making wraps

Method:

- Marinate the paneer cubes with ginger garlic paste, jeera powder, tandoori masala, Kashmiri red chilli powder and salt. Keep it aside for 30 minutes.
- Heat a tawa and apply butter to it. Add the marinated paneer and fry it well.
- Take the blanched cabbage leaves and roast them till the edges of the leaves get slightly burnt.
- Make a dough of the flour for 1 chapati and make a wrap.
- Now, take a wrap, add some paneer cubes, half teaspoon pudina chutney and some tomato chutney on it. Add some lemon juice if needed.
- Roll the wrap and enjoy.

51. CHICKEN KATHI ROLL

Ingredients:

- 50 gms boneless chicken
- 1/2tsp coriander powder
- 1 /2tsp cumin powder
- 1/2 tsp red chilli powder
- 1 tbsp coriander leaves, chopped
- 30 gms green capsicum, sliced
- 30gms red onion, sliced
- 30 gms Tomatoes, sliced
- 1/2 tsp chaat masala
- 1/2 piece lemon juice
- Salt to taste
- 1 small piece chopped green chillies
- Oil as required
- 1 roti (bran+oats +besan)
- 80 gms. filling
- 2 tbsp. green chutney (if desired)

Method:

- Marinate the chicken cubes with powdered spices for 2 hours.
- In a pan, heat some oil and add chopped green chillies.
- Add the marinated chicken and cook till almost done. Now add the vegetables and cook for another 2 minutes.
- Sprinkle chaat masala and lemon juice.
- Take it off the flame and top it with chopped coriander.
- Take a roti and spread any homemade chutney or dip on it.
- Put the filling, you can add green chutney if desired.
- Fold the roti from both sides and then roll it.
- In a pan, heat some oil, place the roll in a pan and cook it till golden brown

52. FISH ROLL

Ingredients:

- 1 Roti
- 100 gm Fish
- 1 medium sized Onion, chopped
- 1 capsicum, chopped
- 1-2 Green chillies, chopped
- Salt, to taste
- Red chilli powder, to taste
- A pinch of Garam masala
- Green chutney
- Lemon juice
- Oil as required
- Onion rings

Method:

- Marinate the fish with powdered spices for 2 hours.
- In a pan, heat some oil and add chopped green chillies.
- Add the marinated fish and cook till almost done. Now add the vegetables and cook for another 2 minutes.
- Sprinkle chaat masala and lemon juice.
- Take it off the flame and top it with chopped coriander.
- Take a roti and spread any homemade chutney or dip on it.
- Put the filling and fold the roti from both sides and then roll it.
- In a pan, heat some oil, place the roll in a pan and cook it till golden brown.
- Serve hot with thin onion rings and green chutney.

53. CREAMY AVOCADO WRAP

Ingredients

- Avocado-1
- White beans-50g
- Cheese-30g
- Onion-20g
- Carrot-20g
- Ghee-1 tsp
- Vinegar-1 tsp
- Salt, to taste
- Cabbage-15g
- Chapati, for making wrap
- Hung curd
- Water-as required

Method:

- Whisk vinegar,oil and salt in a bowl. Add cabbage,carrot. Toss till they combine.
- Mash beans and Avacado in a bowl. Stir in the hung curd and onion.
- To assemble the wrap, spread bean-avacado mixture on chapati and top with cabbage and carrot and roll up.

54. CARROT AND HUMMUS WRAP

Ingredients:

- Carrots- 40g
- Egg- 1
- Hummus sauce
- Olive oil- 10g

- Chapati- 1,for making wrap

Method:

- In a fry pan heat oil and add 1 egg and carrots and sauté them until they are cooked properly.
- Make a roti with dough. Apply hummus sauce on it.
- Add carrot- egg bhurji and make a roll.

55. CHATPATA RAJMA WRAP

Ingredients:

- 1 bowl rajma, boiled and mashed
- 1 medium sized onion, finely chopped
- 1 medium sized tomato, finely chopped
- 3 garlic pods, finely chopped
- ½ teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon kitchen king masala
- 1 teaspoon amchur
- 1 tablespoon tomato sauce
- Chapati, for making wraps
- 1 tablespoon oil
- Salt to taste
- 2 tablespoon thick curd
- ½ medium sized onion cut straight

Method:

- For making the filling, heat a kadai and add oil. After oil is heated, add onion and fry till it turns pinkish.

- Add garlic and saute, now add chopped tomato and sauté till they turn mushy. Now add rajma and all the spices and give it a nice mix.
- Add tomato sauce and salt to this mixture and mix. Switch off the gas.
- For the dressing, mix curd with chat masala and keep it aside.
- Heat a tava or frying pan and place chapatti on it. Roast it on both sides.
- Now, place the chapati on a plate.
- At the centre of the chapati, place 2 tablespoon of the chatpata rajma filling in a line. Add more if needed.
- On top of this, add the curd dressing and then add straight cut onion on top of this.
- Serve with home-made chutney.

56. SOYA PANEER KATHI ROLL

Ingredients-

- Chapati, for making wrap
- 30 gm of Soya Chunks, cooked
- 2 tbsp. of Grated Paneer
- 1 cup onion, finely chopped
- 1 bowl cabbage, finely chopped
- ½ bowl capsicum, finely chopped
- 2-3 green chillies, finely chopped
- 1 tsp. of Pepper powder
- 1/2 tsp. of Turmeric powder
- 2 tsp of Oil
- Salt as per taste

Method:

- Heat oil in a pan.
- Add finely chopped onion, capsicum, green chillies and cabbage. Saute well.
- Add paneer and soya chunks and stir well.
- Add pepper powder, cover lid of the pan and cook for 5 min. Stir often.

- Fill the mixture on roti and roll.

57. SPROUTS BEET KATHI ROLL

Ingredients-

- 1 bowl moong sprouts
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 medium beetroot, grated
- 2 green chillies, finely chopped
- 1 tbsp ginger garlic paste
- 1tbsp Oil for sauteing
- 1 tsp Cumin seeds
- 1 tsp Sesame seeds
- A pinch of hing
- Salt, to taste
- Black pepper powder, to taste
- ¼ tsp Coriander powder
- 1 tsp Chat Masala
- ¼ tsp Turmeric powder
- Chapati, for making wrap

Method:

- First heat oil in a pan and add cumin seeds, sesame seeds and hing. Now add chopped onion, green chilies, ginger- garlic paste and grated beetroot. Saute well. Add chopped tomato and mix well.
- Now add turmeric powder, salt, black pepper powder, coriander powder, chat masala and give it a nice mix.
- Now add moong sprouts and little water and let it cook on low flame for few minutes till the whole water is absorbed and sprouts are cooked well.
- Roast the chapati from both the sides. Now place the filling of mixture.

- Now fold it for a wrap.
- Now heat oil again in a non-stick tawa.
- Roast the wrap little more from both the sides.
- Serve hot with chutney of your choice.

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Chilla & Dosa

58. BESAN CHILLA WITH GRAVY

Ingredients For Chilla

- Besan
- 1 Onion, finely chopped
- 1 Tomato, finely chopped
- 2-3 Green chillies
- Coriander leaves, chopped
- 1 inch Ginger, finely chopped
- Red chilli powder, to taste
- ¼ tsp Turmeric powder
- A pinch of Asafoetida(hing)
- Salt, to taste
- 1 tsp Oil

For Chilla Gravy:

- 30 Gram Cashew nut
- 20 Gram Fennel seed
- 20 Gram Chana dal, roasted
- 10 Gram Green chilli

- 10 Gram Garlic, peeled
 - 10 Gram Fresh ginger
 - 200 Gram Coconut, grated
 - 250 Gram Ghee
 - 2 Bay leaves
 - 10 Gram Cinnamon
 - 10 Gram Green cardamom
 - 50 Gram Green coriander
-

Method:

Prepare paneer chilla:

- Take a large mixing bowl. Add besan, salt, red chilli powder, turmeric powder and asafoetida. Mix well.
- Make a smooth and thick batter by adding appropriate amount of water.
- Mix well with a spatula and take care that no lumps are formed.
- Add rest of the ingredients, mix well and leave for 10 minutes.
- Heat a non stick pan, grease it with oil on medium flame, pour some batter, spread it, cook till golden on both sides, roll it when done and keep aside.
- Make more rolls using the same method.

Prepare gravy:

- Make a smooth paste of cashew nut, fennel seed and roasted channa dal.
- Make paste of green chillies, coconut, ginger and garlic, keep aside.
- Put oil in pan, add bay leaf, cinnamon and cardamom. Stir it for a while, then add green chilli and onion, saute it till it gets soft. Add spice paste and cook it for some time.
- Add water and cook it, then strain it for smoothness.
- Put rolled besan chilla in curry to absorb the flavor and sauce.

59. SAMAK DOSA

Ingredients:

- 1 Cup Samak Ke Chawal
- 3 Tbsp Singhare Ka Aata
- To taste Sendha Namak
- Ghee
- Boiled veggies,
- 1 Tbsp Desi Ghee
- To taste Sendha Namak
- 2 Nos Whole Red Chillies
- 1/2 tsp Turmeric Powder
- 1 tsp Cumin Seeds
- 1 Tbsp Ginger, chopped
- 1 tsp Green Chillies, chopped
- 1 Tbsp Coriander, chopped

Method

- Soak samak ke chawal for 15-20 min. Drain and make a rough batter (not very fine). Now, mix singhara ka atta to the prepared batter and keep aside for 30 min at room temperature.
- Soak and grind chillies with a little water to make a fine paste.
- Heat ghee in a fry pan, add cumin seed, when it crackles put in the chopped ginger and green chillies.
- Add boiled veggies and fry nicely. Add turmeric powder, red chilli paste and sendha namak.

- Add chopped coriander. Remove and keep aside.
- Now, heat a non-stick pan. Grease it.
- Pour a ladle full of dosa batter in the center of pan and spread it evenly like a round disc with the help of ladle.
- Drizzle ghee and let it cook
- Put the prepared veggies masala in the center of the dosa and flip half and fold the dosa in a half moon shape and serve hot with coconut and peanut chutney.

60. RAGI WHEAT DOSA

Ingredients

- 1 Cup ragi flour
- 1 cup wheat flour
- Butter milk (to mix)
- Salt, to taste

Method

- Mix the ingredients well & it should be of the thickness of regular dosa batter.
- Keep it over night and make dosas next day.
- Serve with a chutney of your choice.

61. QUINOA- OATS- MOONG DAL CHILLA

Ingredients

- 1cup Quinoa, soaked
- 1/2 cup Oats, soaked
- 1/2 cup green moong dal, soaked
- Salt, to taste
- 1 tbsp Ginger - chili paste
- 1 tbsp Cumin seeds

Instructions

- Put soaked dal and quinoa into a blender. Add salt, ginger chilli paste and cumin seeds.
- Grind it well into a smooth batter by adding a little water.
- Let it rest for 1 hour.
- Heat a nonstick tawa and pour one big spoon full of batter and spread it into a thin dosa. Apply ghee.
- You can sprinkle some panner or chutney or any topping.
- Cook it until golden brown from the bottom.
- Roll Quinoa oats and lentil dosa. Serve it with Coconut chutney or Onion chutney.

62. RAGI BESAN CHILLA

INGREDIENTS :

- Ragi flour – ½ cup
- Besan – ½ cup
- 1 Onion, finely chopped
- 1 Carrot, grated
- Methi leaves – ½ cup chopped
- Curd - ¼ cup
- Ginger garlic chilli paste – 1 tsp
- Turmeric powder – ¼ tsp
- Red chili powder – ½ tsp
- Sesame seeds – 2 tsp
- Salt, to taste

Method :

- Add besan and ragi flour in a mixing bowl, add all vegetables to it.
- Add ginger garlic chilli paste, dried spices, salt, sesame seeds and curd to it. Add water and mix it well.
- Keep it aside for 30 mins.
- Spread a laddle of batter on a hot nonstick tawa & spread some ghee.
- Cover & cook. Flip when cooked.
- Again cover & cook till done.
- Serve hot ragi besan chilla with green chutney

63. BUCKWHEAT & OATS CHILLA

INGREDIENTS :

- Buckwheat (Kuttu ka aata) - ¼ cup
- Curd - ¼ cup
- Rolled oats - ¼ cup
- Ginger green chilli paste - ½ tsp

- Carrot (grated) - ½
- spring onions (chopped) – 2
- Green coriander (chopped) - 3-4 strands
- Ghee, for greasing
- Salt, to taste

Method :

- Combine buckwheat, curd & ½ cup water in a large mixing bowl & mix well.
- Cover with a lid & keep it aside for 2 hrs & after that blend the mixture into smooth paste with no water.
- Transfer the mixture into a bowl & add remaining ingredients, ¼ cup water & mix well.
- Grease the tawa with the oil & put a scoop of batter over it & spread it evenly.
- Cook both sides of chilla on medium flame till they're golden brown.
- Serve them hot with homemade chutney of your choice.

64. PALAK MOONG DAL CHILLA

INGREDIENTS :

- Yellow/ Green moong dal - 100 gms
- Curd - ½ cup
- Palak (finely chopped or pureed) -20 gms
- ½ medium size onion(finely chopped)
- Coriander leaves- 4 strands(chopped)
- 1 Green chilli (finely chopped)
- ¼ inch grated ginger
- Jeera - ¾ tsp
- Turmeric - ¾ tsp
- Red chilli powder - ¾ tsp
- lemon juice - ¼ tsp
- Salt to taste
- Oil - 1tsp

Method :

- Clean, wash & soak moong dal in water for 4-5 hrs.
- Grind the soaked moong dal, adding little water to make a smooth batter.
- The batter should be of pouring consistency.
- Pour the chilla batter into the mixing bowl. Add the remaining ingredients & stir well to combine.
- Add salt according to taste. Now heat the tawa & grease it with oil.
- Pour a ladle full of chilla batter & spread it evenly on tawa to make it into a circle.
- Cook it from both the sides till it becomes golden brown
- Once done remove from the pan & serve it with sweet & spicy tomato chutney

65. BESAN EGG CHILLA

Ingredients

- Besan- 30 gm
- Egg- 2
- 1 Onion, chopped
- 1 Tomato, chopped
- 1-2 Green chillies, chopped
- Coriander leaves, chopped
- 1 inch Ginger, chopped
- Water- 1 cup
- Salt, to taste
- Pepper, to taste
- Ghee – 1 tsp

Method

- Take a large mixing bowl and add besan, onion, tomato, green chillies, ginger and water and mix it well and wait for few minutes (add some more water if it turns lumpy).

- When you get a light consistency of the mixture, add the eggs, salt and pepper and coriander leaves and mix it well.
- Place a pan on a medium flamed gas and grease it with ghee.
- Pour some batter on the pan (don't make it thick) and cook it until it turn golden brown and crisp.
- Flip the chilla carefully after a few minutes and then cook the other side (ad ghee if needed).

66. OATS LENTIL CHILLA

Ingredients:

- Grounded oats – 30 gm
- 2 tsp Toor Dal
- 2 tsp Chana Dal
- 2 tsp Moong Dal
- 1 Onion, chopped
- 2 green chillies
- 2 cloves Garlic
- ½ inch Ginger
- ½ tsp Fennel seeds
- Coriander leaves, chopped
- Salt – to taste
- Oil – to toast

Method:

- Wash the Dals and soak it for an hour. Then drain water and grind the Dals with red chillies, garlic, ginger and fennel seeds to a coarse paste.

- In a large mixing bowl, add the ground paste with powdered oats. Add chopped onions, coriander leaves and required salt.
- Add water to make it to a batter consistency. Keep aside for an hour.
- Heat a dosa tawa and spread the batter like we make for dosa. Drizzle oil and cook on both the sides till golden brown.

67. JOWAR VEGETABLE CHILLA

Ingredients

- 2 tbsp jowar flour
- 2 tbsp oats flour
- 1 onion, chopped
- 1 tomato, chopped
- Coriander leaves, chopped
- 2 green chillies, chopped
- Salt, to taste
- Oil

Method

- In a bowl, add all the ingredients. Mix it well with water, as required.
- On a hot tawa pan, pour 1 ladle batter and spread it as chilla.
- Roast it from both the sides till it becomes golden brown, apply ghee as required.

68. SWEETCORN CHILLA

Ingredients

- 1 cup sweetcorns
- 1 tbsp besan
- 1 small onion, chopped
- Coriander leaves, chopped

- 2 clove garlic
- ½ inch ginger
- 2 green chillies
- 1 tsp jeera
- Salt to taste

Method

- Grind Sweetcorn, ginger, garlic, chillies in a mixer until it becomes smooth.
- To this mixture add besan, jeera, onions and coriander, add water to adjust the consistency.
- Pour a ladle full of batter on tawa and make it as chilla. Roast from both the sides until it becomes golden brown.
- Serve hot with homemade chutney of your choice.

Chutney

69. TOMATO RELISH CHUTNEY (MOMO CHUTNEY)

Ingredients:

- 2 tomatoes, boiled
- 2 cloves garlic
- 1 inch ginger
- 2-3 chillies
- 1 tsp jeera
- Haldi powder
- Red Chilli powder to taste
- Salt to taste
- 4-5 curry leaves, chopped
- 1 tsp oil

Method:

- Grind the boiled tomatoes, garlic, ginger and chillies in a mixer. Make a smooth paste.
- Heat oil in a pan, add jeera to it. When the jeera begins to splutter, add the ground paste. Now add haldi, red chilli powder and salt, cook for 5- 10 minutes till it leaves oil.
- Garnish with chopped curry leaves.

70. CURRY LEAVES CHUTNEY

Ingredients :

- 1 bowl curry leaves, rinsed
- ½ inch ginger
- 2-3 green chillies
- A pinch of hing
- 1 tsp chana dal

- 1 tsp urad dal
- 1 tbsp grated coconut
- ½ tsp jeera
- Salt to taste

Method:

- Heat oil in a pan. Add mustard seeds, jeera and hing to it, once it begins to splutter, add chana dal, urad dal and roast them until they become pink.
 - Add ginger, green chillies and curry leaves to it and sauté them until they become crispy. Allow it to cool.
 - Add grated coconut to this mixture and grind it into a smooth chutney by adding salt and water.
 - Pour in a serving bowl.
-

71. MINT & TURMERIC CHUTNEY

Ingredients:

- 1 bunch mint
- 2 tsp turmeric
- 2 tsp sabut dhania
- 4 green chillies
- 1 tsp jeera
- 2 cloves garlic
- 1 onion, chopped
- Salt, to taste

Method:

- Take turmeric and jeera together on a barren base.
- Churn it together with a wet stone to get it in a paste form.

- Keep watering the stone to keep it wet so the powder gets in a sticky form.
 - One by one take all ingredients to churn along to form a mix.
 - Churn mint leaves and plum jam in the end and keep rubbing the stone on them to form a thick mixture with all the ingredients thoroughly mixed together.
-

72. PEANUT LENTIL CHUTNEY

Ingredients:

- 1/2 tsp oil
- 2 tomatoes, roughly chopped
- 1 cup peanuts
- 2 cloves garlic
- 2-3 dried red chillies
- salt as required
- 1 tsp oil
- 2 tsp mustard seeds
- 1 tbs urad dal
- 5-6 curry leaves

Method:

- Heat oil in a pan and saute roughly chopped tomatoes till they are soft and pulpy.
- Transfer it to a plate and heat oil in the pan.
- Fry peanuts (with no skin), garlic and dried red chillies for 2 minutes. Take it off the flame and let it cool down.
- Then add everything to a blender along with salt and grind it till smooth.
- For the tadka, add oil in a tadka pan, add mustard seeds, urad dal and curry leaves.
- Once it crackles, pour this over the Andhra Style Peanut & Tomato Chutney.
- Serve as a side with any dish.

73. CARROT CHUTNEY

Ingredients:

- 1 cup grated carrot
- 1/2 cup grated coconut
- 2 tbsp split black gram (Urad dal)
- 1-2 long red chilies
- Salt to taste
- 1 cup water(blending)
- 1 tsp mustard seeds
- 2-3 curry leaves
- 1 tbsp oil

Method:

- In a hot pan, add coconut oil. When it heats up, add split black gram.
- As they turn golden, add red chilies and saute for 30 seconds.
- Later add grated carrot and saute for 5 minutes or until it softens. Do not let it overcook or you will lose nutrients.
- Add salt to taste.
- Take the pan off the heat and add grated coconut.
- Blend them together with a cup of water to a smooth consistency.
- Prepare the tempering: In a hot pan add 2 tsp coconut oil. Fry one tsp of mustard seeds and red chili. As it starts to sizzle, add curry leaves and remove from heat.
- Garnish the chutney with the tempering.

74. SESAME SEEDS CHUTNEY

Ingredients :

- Sesame Seeds – 1 cup
- Grated coconut – ¼ cup
- Dry Red Chilli – 6
- Cumin seeds – 1 ½ tbsp
- Salt – as needed
- Oil – ½ tsp

Method :

- Heat pan, add sesame seeds, roast on low flame till they start crackling. Remove & keep aside.
- Toast grated coconut until light brown. Remove & add to sesame seeds.
- Add few drops oil, roast red chillies for few seconds, remove in same bowl.
- Roast cumin seeds and add to bowl.
- Let everything cool down, add salt and grind to chutney.

75. BEETROOT CHUTNEY

Ingredients :

- Grated Beetroot – 1 cup
- Green Chillies – 2
- Dry Red Chillies- 2
- Curry Leaves – 1 spring
- Cumin Seeds- ½ tsp
- Ginger – ½ inch
- Garlic – 1 pod
- Chana Dal – 1 ½ tsp
- Salt – as per taste

- Oil – 1 tbsp
- Lemon Juice

Method :

- Heat oil in a pan, add dal and sauté till light brown, then add curry leaves, garlic, ginger, both chillies and sauté.
- Add beetroot, fry for 5 mins till tender.
- Cool the mixture. Blend it in mixer, add lemon. Chutney ready.

76. RIDGE GOURD PEEL CHUTNEY

Ingredients :

- Ridge gourd peel- 1 cup
- Chana Dal- 1 tsp
- Urad dal – 1 tsp
- Green Chillies- 3
- Garlic – 2 cloves
- Salt – as per taste
- Curry leaves- 1 spring
- Mustard seeds – ½ tsp
- Cumin seeds – ½ tsp
- Oil – 2 tsp
- Lemon Juice

Method :

- Heat 1 tsp oil in pan, saute cumin seeds, chillies, garlic and peel for few mins on high flame. Add salt. Set aside.
- Grind when mixture is cooled.

- For tempering heat 1 tsp oil, add mustard seeds, chana dal, urad dal, curry leaves, till they turn golden brown. Turn off the heat. Add grinded mixture and mix well. Add lemon juice.

77. AMLA CHUTNEY

Ingredients :

- Deseeded Amla – ½ cup
- Chopped coriander – 1 cup
- Chopped green chillie- 2 tbsp
- Chopped ginger – ½ tsp
- Cumin seeds – ½ seeds
- Asafoetida – ¼ tsp
- Black salt – ¼ tsp
- Jaggery powder – 1 tsp
- Salt to taste

Method :

- Combine all ingredients with ¼ cup water and blend it.
- Store in airtight glass jar and store in refrigerator.

78. GREEN CHICKPEAS HUMMUS

Ingredients:

- 1 cup green chickpeas
- 2 clove garlic
- 1 tbsp sesame seeds
- 2 tbsp olive oil
- ¼ cup basil leaves

- 2 tbsp chilled water
- 2 tbsp lemon juice
- 1 tsp jeera powder

Method:

- Boil the green chickpeas.
- Mix all the ingredients and grind them in a mixer.
- Add water to adjust the consistency.
- Store in an airtight container and keep it in the refrigerator.

79. LOW CALORIE QUICK MAYONNAISE

Ingredients

- Egg-1/2
- Oats-1 ½ tsp
- Water-150 ml
- Vinegar-1 tsp
- Refined oil-60 ml
- Castor sugar-1/2t
- Salt, to taste
- Black pepper-1/4t
- Mustard powder-a pinch

Method

- a. Dissolve oats in water and cook till a thick paste is formed (constant stirring)
- b. Put rest of the ingredients in a blender and pour hot oats paste on it. Blend for 2 min
- c. Store mayonnaise in a clean jar in refrigerator

80. THOUSAND ISLAND DRESSING

Ingredients:

- Mayonnaise-3 tsp
- Tomato sauce-1 tsp
- Chilli sauce-3/4 tsp
- Chopped capsicum
- Chopped onion
- Salt, to taste

Method:

- Mix all ingredients together, chill and refrigerate.

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Pickle

81. GARLIC PICKLE

Ingredients:

- 30 Gram Garlic, peeled
 - 5 Gram Panch phoran
 - 50 ml Mustard oil
 - 5 Gram Turmeric
 - 10 Gram Red chilli
 - 50 Gram Jaggery
-

Method

- Heat oil, add panch phoran(5 spices mix) and chopped garlic.
- Add turmeric and red chilli.
- Mix into tamarind pulp and jaggery.
- Cool and serve.

82. LEMON PICKLE

Ingredients

- 8 Lemons
- 20 Red chillies
- 3 tsp mustard
- 1 tsp methi

- 1 tsp turmeric powder
 - 1 tsp asafoetida
 - Salt, to taste
 - 2 tbsp oil
-

Method

- Wash and pat dry the lemons and cut into small pieces as shown. Place them in a clean bowl or vessel. Add the juices too. Add salt.
- In a pan dry roast fenugreek and red chillies one by one. Place in a blender and powder finely.
- Add this powder along with turmeric powder to the salt lemon mixture. In a small pan add sesame oil and add mustard seeds. Add in asafoetida. When the mustard seeds crackle switch off the flame. Cool the oil completely.
- Add the oil in lemon mixture and mix well.
- Store in a clean dry container, bottle or ceramic pot for at least two days before you use.
- Be sure to use a clean and dry spoon while taking the pickle out.
- Use fresh firm lemon for pickles.
- Also use the juice of lemon, since that enhances the flavour of the pickle.

83. PRAWN PICKLE

Ingredients

- 1/2 kg prawns, deshelled and deveined (pull out the vein)
 - 1 cup vinegar
 - 200 gm ginger
 - 200 gm garlic
 - 100 gm chilli powder
 - 250 ml oil
 - Salt, to taste
 - 2 tsp fenugreek (methi) seeds
-

Method

- Marinate the prawns with salt, 2 tsp chilli powder and two spoons of vinegar and refrigerate for 1 hour.
- Dry roast fenugreek (methi) seeds, powder them and keep aside. Boil the vinegar and keep aside.
- Heat oil in a thick bottomed deep pan. Deep fry the prawns and be sure to not overdo them.
- In the same oil add the ginger cut into long thin strips.
- Saute for a while, add garlic and saute for 2 minutes. Turn off the flame and add chilli powder till the mix turns cold.
- Mix the fried prawns, salt and vinegar and wait till the mixture comes to room temperature.
- Store in dry glass bottles.

84. AMLA ACHAAR

Ingredients

- 1 Kg amla
- 240 gms mustard oil
- 1 tbsp sarson (mustard seeds)
- 1 tbsp chilli powder
- 2 tbsp heeng (asafoetida)
- Salt, to taste

Method

- Boil the amla till the skin looks tender.
- Drain the excess water out.
- Heat some oil and add the mustard seeds, heeng and chilli powder.
- Mix well and add the amla and salt.
- Stir fry till it is mixed well and the amlas are completely coated with masala.
- Cool and store in a clean jar.

85. GOBI ACHAAR

Ingredients

- 1 cup shalgam, scraped and sliced
- 2 cups cauliflower, cut into florets
- ½ cup carrots, scraped and cut into pieces
- ½ cup garlic, peeled, coarsely pounded
- ½ cup ginger, peeled and chopped, coarsely pounded
- 3 tbsp garam masala
- 3 tbsp pissi rai (powdered mustard seeds)
- Red chilli powder, to taste
- Salt, to taste
- 5 tbsp mustard oil

Method

- Heat the oil in a pan, add the ginger and the garlic to the heated oil, and stir fry till a light brown.
- Add the shalgam, gobhi and gajar and continue stirring over high heat. This has to be stirred long enough to evaporate the water in the vegetables.
- You will know it is done, when the liquid in the vegetables gets back the colour of the oil.
- Add the powdered spices and salt, mix well, again over high heat, and then add the vinegar solution. Let it come to a boil and shut off the heat.

86. ONION GARLIC PICKLE

Ingredients:

- 1 kg small onions, peeled and blanched
- 250 gm garlic, peeled
- 3 cups mustard oil
- 6 Tbsp methidana
- 5 Tbsp chilli powder
- 5 Tbsp kalonji (onion seeds)
- 1/2 cup saunf
- 5 Tbsp turmeric
- Salt, to taste
- 1 cup vinegar

Method:

- Heat oil and add the methi, chilli powder, kalonji and turmeric.
- Saute a little and add the onions and garlic.
- Stir fry over high heat, till well mixed and onions and garlic are coated with oil.
- Add the salt and vinegar, bring to a boil and switch off the flame.
- When cool, store in an airtight jar.

87. ADRAK KA ACHAR

Ingredients:

- Ginger - 1 bowl
- Lemon juice
- Salt, to taste

Method:

- Peel and cut the ginger into julliens and take it in a bowl.
- Take lemon juice and on it and put salt on top of it and mix nicely.

- Store it in a glass container.

88. TURMERIC AND GINGER PICKLE WITH OIL

Ingredients:

- Fresh turmeric roots: 250 gms
- Fresh ginger roots: 150 gms
- garlic: 2 pods
- 10-12 green chillies, slit into half
- 2 tsp mustard seeds
- 1 tbsp fennel seeds
- 1 tsp black pepper corns
- 2 tbsp oil
- Salt, to taste
- Pinch of hing
- 1/2 cup freshly squeezed lemon juice

METHOD

- Wash ginger , turmeric and let them dry.
- Peel garlic cloves and even cut them into half.
- Put all dry spices in grinder and grind them to coarse powder
- Take a glass bowl add ginger, garlic, green chillies, turmeric, salt, lemon juice and mix them well.
- Heat oil in a pan, add mustard seeds, ground spices and hing to it.
- Switch off the flame and pour this in ginger, turmeric and garlic and store it in a glass container.
-

89. RAW TURMERIC, GINGER & CHILLI PICKLE WITHOUT OIL

Ingredients :

- 50 gm Raw Turmeric, finely chopped
- 50 gm, Ginger, finely chopped
- 10-12 Green Chillies, slit into half
- 2 tsp Mustard seeds, ground
- Rock Salt, to taste
- Lemon – 2

Method :

- Mix all things together, squeeze lemon, give a nice toss, transfer to glass jar and keep in sunlight for 3 days.
- Ready to consume.

90. SWEET AMLA MURABBA

Ingredients :

- 500 gm Amla, grated
- 500 gm Jaggery Powder
- 1 tsp Cardamom Powder
- 1 tsp Cinnamon Powder
- ½ tsp Nutmeg Powder
- Water

Method :

- Boil Amla, Jaggery & Water together till it turns to semi thick mixture. Add all other ingredients, mix properly, cool down and put in glass jar.

Sweets

91. GULAB BADAM CHIKKI

Ingredients

- 1 Tbsp butter
 - ½ cup Jaggery
 - pinch salt
 - 1/4 cup almonds, sliced
 - 1/2 cup dry rose petals
-

Method

- Put a heavy bottomed pan on a medium flamed gas. Add butter, then add jaggery, and salt.
- Keep stirring the jaggery continuously till jaggery starts melting.
- Turn off the heat as soon it comes to golden brown in color.
- Add almonds and dry rose petal, stir quickly. Pour over the silicone sheets and spread properly.
- After it comes to room temperature break them into small pieces. Store them in an airtight container.

92. DRY FRUIT LADOO

Ingredients

- 400 gms seedless dates, chopped
- 100 gms almonds, chopped
- 100 gms cashew nuts, chopped

- 100 gms walnuts, chopped
 - 100 gms raisins
 - 100 gms dry coconut, chopped
 - 30 gms poppy seeds
 - 1 tsp ghee
-

Method

- Dry roast the chopped nuts one by one separately for 1-2 minutes taking care that they do not get burnt, remove them and keep aside in a plate.
- Dry roast coconut pieces until they turn slight brown in colour and keep them aside too. In the same pan add poppy seeds and roast them slightly until they start popping, remove and keep aside.
- Heat ghee in the pan and add chopped dates and raisins and fry continuously until it comes together and becomes like a thick mass. This roughly takes 4-5 minutes.
- Switch off the gas and let it cool slightly.
- Grind the roasted nuts with dry coconut pieces and poppy seeds to a coarse powder in a mixer and take it out in a plate.
- Now add the date-raisin mixture and pulse it in the mixer to get a coarse mixture.
- Take out the mixture into the pan and add ground nuts and mix nicely. Switch on the flame and stir continuously for 2-3 minutes till the mixture becomes slightly sticky and hold the dry fruit mixture nicely.
- Remove the mixture into a plate and let it cool.
- Press the mixture to form a sticky mass.
- Now, this mixture can be shaped in the form of ladoo.
- Prepare all the ladoo and store them in an airtight container

93. ALMOND & ROSE OAT MILK

Ingredients

- 1/2 Litre milk
- 30 gms oats, roasted

- 2 tsp jaggery sugar
 - 1-2 Rose water drops
 - 3 gms dried rose petals
 - 25 gms almonds
 - 4 gms almond slivers
-

Method

- Heat milk in a heavy bottom pan and bring it to boil.
- Add chopped almonds and roasted oats and cook till the oats get soft, add jaggery.
- Set aside to cool. Once it cools, add rose water and mix. Refrigerate till serving
- Garnish with almond slivers and dried rose petals before serving.

94. PAPAYA HALWA

Ingredients

- 2.5 Cups papaya
 - 50 gms wheat flour
 - Jaggery sugar (adjust to your taste)
 - 2.5 gm green cardamom powder
 - 1/4 cup cashew nut and almonds (mix)
 - 1/4 cup figs or raisins
 - 2 tsp ghee
-

Method

- Blend papaya well in a mixer. Don't add water.
- Chop the dry fruits and nuts roughly.

- Heat ghee in a pan, add dry fruits and nuts. Fry it till golden and transfer it to plates and keep aside.
- Add papaya mixer in a pan, cook it nicely till it releases water and add jaggery sugar.
- After it melts, add cardamom powder and sprinkle the flour so it starts to blend with papaya mixture and gives a thick texture. It will take about 15 minutes for the overall process.
- Garnish with dry fruits and nuts, serve hot

95. CHOCOLATE NUTS BALLS

Ingredients:

- 2 cups fresh coconut, grated
- jaggery sugar, to taste
- 1 tbsp cocoa powder
- ½ tsp cardamom powder
- 1 tbsp chopped cashew nuts
- 1 tbsp almonds, chopped
- 1 tbsp dates, chopped
- 2 tbsp ghee

For dusting :

- 2 tbsp cocoa powder
- 1 tbsp jaggery sugar

Method:

- Heat 1 tbsp ghee in a pan and add chopped cashews and fry till they turn golden brown in colour.

- Boil milk in a pan, add grated coconut, fried cashews, elaichi powder, ghee and jaggery sugar to it and stir well till it cooks for about 10 minutes.
- Switch off the flame, add cocoa powder and mix it well. Let it cool and then make small balls out of it.
- On the other hand, mix cocoa powder and jaggery sugar and sieve it into a wide plate to get a uniform mixture.
- Roll the coconut balls into this mixture and place them in a dry plate and let them set for 1 hr.
- Serve chilled.

96. CARROT PUMPKIN BARFI

Ingredients

- 1 Cup grated carrots
- 1/2 cup pumpkin, grated
- 1 Cup Skimmed Milk
- 1/2 Katori Jaggery
- Elaichi powder for flavouring
- Ghee for greasing

Method

- In a pan, cook the carrots, pumpkin and milk together (make sure this is cooked on low flame)
- Add the jaggery and mix thoroughly
- Take a pan and grease it with ghee and place the mix, with a rolling pin roll the mixture (don't forget to grease your rolling pin too)
- Allow it to set and cool

And you're Barfi is ready to eat!

97. CARROT OATS LADOO

Ingredients

- 2 carrots (grated)
- 1/2 cup quick oats (dry roasted)
- 1/2 – 1 tbsp desi ghee (or coconut oil instead)
- 1/2 cup jaggery powder
- 1/2 cup dry roasted almonds
- Few drops of vanilla extract

Method

- Add almonds, desiccated coconut, jaggery powder and roasted quick oats to a blender / grinder
- Make a powder (it'll be slightly moist due to oil in coconut and nuts)
- In a pan, heat 1 tbsp desi ghee or coconut oil and add the grated carrots
- Once the moisture from the carrots is gone, switch off the heat
- Add vanilla extract and cinnamon powder
- Let the mixture cool completely
- Add the roasted carrots to the powdered mixture
- Mix well using your hands
- Now make ladoos or set it in a container to make square bars

98. DATES & DRY FRUIT BARFI

Ingredients

- 1.5 cup dates
- 4 tbsp water
- 2 tsp desi ghee
- 1 cup grated coconut
- Cardamom powder, for flavouring
- Sesame seeds
- Chopped nuts and seeds

Method:

- Take dates and remove the seeds
- Add 4 tbsp water in the dates
- Press down this mixture and leave for a few hours
- Dry roast all the chopped nuts and seeds
- Remove and keep these nuts on a plate
- Dry roast the sesame seeds
- Coarsely grind the dates (don't make paste out of the dates)
- Heat desi ghee in a pan and add grated coconut and roasted nuts and seeds to it. Add cardamom powder to it, make sure to keep the flame to low.
- Take out the mixture in a glass container
- Leave the mixture to set for a few hours

99. OATS COOKIES

Ingredients

- 1/2 cup quick oats
- 1/2 cup besan
- 1/4 tsp baking soda
- 1 tsp baking powder
- 70 grams desi ghee / soft coconut oil
- 4 tsp jaggery powder
- Vanilla essence
- 1 tsp warm milk
- Choco chips

Instructions

- In a bowl, add the quick oats, besan, baking soda and baking powder and mix them nicely.
- Take another bowl and add the ghee, jaggery powder, vanilla essence and warm milk and mix them well

- Mix the ingredients of both the bowls and add some choco chips to this mixture.
- Mix the ingredients well and make small cookie shaped portions
- Put these in the preheated microwave on convection mode at 175 c
- Keep the cookies for 18 minutes inside the microwave
- After 18 minutes, take the cookies out
- Let them cool down completely and transfer them on a rack

100. SATTU BARFI

Ingredients :

- 1 cup sattu
- 3 tbsp jaggery powder
- 50 grams dark chocolate
- 2 tsp desi ghee / coconut oil

Method:

- Take another bowl and add jaggery powder and dark chocolate in it. Also add desi ghee in this mixture (Use double boiler method to melt the mixture)
- Add these ingredients to the sattu.
- Mix well and transfer on a flat surface
- Grease the tray slightly if you're not using butter paper
- Keep this mixture in the fridge for three hours
- After three hours, cut it into your favourite shape and store in fridge for upto 2 weeks