

Low-Fat Low-Cholesterol Recipes

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Oil used in all recipes is groundnut oil.

All servings have been calculated assuming 1 gm of salt added (400 mg of Sodium) per serving.

These scientifically verified recipes are provided by

Masala Chaas

A delightful cooler flavoured with curry leaves

Serves 2

You Will Need

2 cups yogurt (whisk)
10-12 curry leaves
Rock salt (*sendhwa namak*) to taste
4-6 green chillies (finely chop)
¼ medium bunch coriander leaves (finely chop)

1 inch piece of ginger (finely chop)
1 ½ teaspoons roasted cumin seed powder
A pinch of asafoetida powder
1 ½ tablespoons lemon juice

Method

1. Churn yogurt with one and half cups of chilled water.
2. Pound curry leaves with required quantity of salt.
3. Add green chillies, coriander leaves, ginger, curry leaves paste and cumin seed powder to churned yogurt.
4. Mix in asafoetida powder. Adjust salt, add lemon juice and refrigerate for about half an hour.
5. Strain and serve in tall glass tumblers with some crushed ice.

Nutritional Information Per Serving

| | |
|---------------|---------|
| Calories | 79 kcal |
| Carbohydrates | 5.7 g |
| Protein | 3.9 g |
| Fibre | 1.3 g |
| Fat | 4.5 g |
| Sodium | 435 mg |

Mushroom Soup with Greens

A unique blend of mushroom and fenugreek

Serves 2

You Will Need

10-12 fresh button mushrooms (chop)
A few sprigs of fresh coriander leaves
(roughly chop)
¼ small bunch of fenugreek leaves (*methi*)
(roughly chop)
1 teaspoon olive oil
1 bay leaf

4-5 peppercorns
½ teaspoon fenugreek seeds
1 medium sized onion (finely chop)
3-4 cloves of garlic (finely chop)
Salt to taste
1 teaspoon mild red chilli powder
½ cup skimmed milk

Method

1. Grind coriander leaves and *methi* to a smooth paste.
2. Heat olive oil in saucepan, add bay leaf, peppercorns and fenugreek seeds and cook for one minute.
3. Add onion and garlic, sauté for five minutes or till light brown.
4. Add mushrooms, salt and red chilli powder. Cook for a minute or two.
5. Add puree of coriander-*methi*, stir and add milk. Cook on low heat for six to eight minutes.
6. Serve hot.

Nutritional Information Per Serving

| | |
|---------------|---------|
| Calories | 88 kcal |
| Carbohydrates | 8.4 g |
| Protein | 4.0 g |
| Fibre | 0.8 g |
| Fat | 3.7 g |
| Sodium | 439 mg |

Green Coriander Soup

Supreme flavours to whet your appetite

Serves 2

You Will Need

1 small bunch fresh coriander leaves
¼ small sized cabbage
2 tablespoons oil
1 medium sized onion (chop)
1 medium sized spring onion bulb (chop)
1 inch piece of ginger (chop)
5 cloves of garlic (chop)

2 tablespoons gram flour (*besan*)
2 ½ cups vegetable stock (or water)
1 medium sized carrot (small cubes)
7-8 peppercorns (crush)
Salt to taste
2 tablespoons lemon juice

Method

1. Clean, wash coriander leaves and reserve the stems. Wash and finely chop coriander leaves. Remove core of cabbage and cut into half centimeter sized cubes.
2. Heat oil in a pan. Add onion, spring onion bulb, ginger and garlic and sauté till translucent. Add gram flour and continue to sauté till you get a nice aroma.
3. Add vegetable stock, coriander stems, cabbage, carrot and bring to a boil. Add crushed peppercorns and continue to boil.
4. Add half of the chopped coriander leaves and cook for five to ten minutes. Strain. Make a smooth paste of the cooked vegetables. Add to the strained soup. Add salt, lemon juice adjust consistency and bring to a boil again.
5. Season with the remaining chopped coriander leaves and serve hot.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 268 kcal |
| Carbohydrates | 25.4 g |
| Protein | 6.7 g |
| Fibre | 1.7 g |
| Fat | 16.6 g |
| Sodium | 429 mg |

Carrot and Ginger Soup

A light soup that will perk you up

Serves 2

You Will Need

2 medium sized carrots (roughly chop)
1 inch piece of ginger (finely chop)
1 teaspoon olive oil
4-5 spring onions (finely chop)

2 cups vegetable stock
Salt to taste
½ teaspoon white pepper powder
1 tablespoon low fat cream

Method

1. Heat olive oil in a saucepan, add ginger and spring onions and sauté till translucent. Add carrots. Stir well and cook for five minutes till tender. Add stock. Cook on low heat till carrots are very soft.
2. Cool and blend in a food processor until smooth. Heat the puree, season with salt and white pepper powder.
3. Serve hot garnished with a swirl of cream.

Nutritional Information Per Serving

| | |
|---------------|---------|
| Calories | 82 kcal |
| Carbohydrates | 10.7 g |
| Protein | 1.0 g |
| Fibre | 1.4 g |
| Fat | 2.2 g |
| Sodium | 427 mg |

Soya Toasties

Crisp toasted sandwich with crunchy soya filling

Serves 2

You Will Need

4 slices of brown bread
¼ cup soya granules
1 teaspoon of oil
2 spring onions (finely slice)
1 green chilli (finely chop)
½ small sized red capsicum (finely chop)
½ small sized yellow capsicum (finely chop)

½ small sized green capsicum (finely chop)
Salt to taste
½ teaspoon pepper powder
¼ small sized cabbage (shred)
A few sprigs of fresh coriander leaves (finely chop)
½ cup low fat fresh yogurt (whisk)

Method

1. Soak soya granules in one cup of warm water for half an hour. Wash twice and squeeze out extra water.
2. Heat oil in a non stick pan. Add sliced spring onions and green chilli and sauté for one to two minutes.
3. Add soya granules, chopped capsicums, salt and pepper. Cook for a minute. Cool completely.
4. Spread yogurt on each slice, and cover with soya-capsicum mixture. Top it with shredded cabbage and finely chopped coriander leaves and cover with a second slice of bread.
5. Prepare the other sandwich in a similar manner.
6. Heat a sandwich toaster and toast sandwiches till golden and crisp.
7. Remove and serve hot with coriander and mint *chutney*.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 277 kcal |
| Carbohydrates | 4 g |
| Protein | 16.5 g |
| Fibre | 2.2 g |
| Fat | 7.7 g |
| Sodium | 419 mg |

Teekhe Aloo

Red hot potatoes – wonderful start to a meal!

Serves 2

You Will Need

¼ kg baby potatoes
2 teaspoons Kashmiri red chilli powder
½ teaspoon turmeric powder
1 teaspoon coriander powder
1 teaspoon cumin powder
1 teaspoon oil

½ teaspoon mustard seeds
Salt to taste
A few sprigs of fresh coriander leaves
(finely chop)
2 tablespoons tamarind pulp

Method

1. Wash baby potatoes well. Do not peel.
2. Blend together Kashmiri red chilli powder, turmeric powder, coriander powder and cumin powder with two to three tablespoons of water to make a smooth paste.
3. Heat oil in a non-stick pan on low heat.
4. Add mustard seeds. When they crackle, add potatoes, salt to taste and half a cup of water. Cover and cook till potatoes are half done.
5. Stir in *masala* paste. Cover and cook till potatoes are completely cooked.
6. Add coriander leaves and mix well.
7. Add tamarind pulp and cook on low heat for ten minutes. Serve hot.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 177 kcal |
| Carbohydrates | 28.7 g |
| Protein | 2.4 g |
| Fibre | 0.5 g |
| Fat | 5.9 g |
| Sodium | 414 mg |

Carom and Citrus Fish Fillet

Melt-in-the-mouth starter with the taste of oranges and lemons

Serves 2

You Will Need

200 gms fish fillets
½ teaspoon carom seeds (*ajwain*) (crush)
3-4 teaspoons lemon juice
2 tablespoons orange juice
Salt to taste

¼ teaspoon mustard paste
White pepper powder to taste
¼ cup whole wheat flour (*atta*)
1 ½ teaspoons oil

Method

1. Cut fish fillets into finger sized pieces. Pat dry with a kitchen towel.
2. Mix lemon juice, orange juice, salt to taste, mustard paste, white pepper powder and crushed *ajwain* thoroughly.
3. Mix fish fingers in above marinade. Refrigerate for about fifteen to twenty minutes.
4. Season whole wheat flour with salt and white pepper powder.
5. Roll marinated fish fingers in seasoned whole wheat flour. Shake off excess flour.
6. Heat a GRILL (TOP and BOTTOM). Brush fish fingers lightly with oil.
7. Place fish fingers under the Grill and turn it for uniform cooking and colour. Cook till golden brown in colour.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 217 kcal |
| Carbohydrates | 13.6 g |
| Protein | 18.9 g |
| Fibre | 1.4 g |
| Fat | 9.7 g |
| Sodium | 404 mg |

Salad Remix

Definitely a no-oil dressing slimmer's salad!

Serves 2

You Will Need

| | |
|--|--|
| 2 oranges | ¼ small sized watermelon (optional) (cubes) |
| 1 bunch lettuce | 1 medium sized carrot (cubes) |
| 2 spring onions | 1 medium sized cucumber (cubes) |
| A few sprigs of fresh mint leaves (chop) | 2 medium sized tomatoes (cubes) |
| 2 medium sized apples (cubes) | 1 medium sized capsicum (cubes) |

For Dressing

| | |
|---|---------------------------|
| 7-8 peppercorns | 3 cloves garlic (peel) |
| Rock salt (<i>sendhwa namak</i>) to taste | 2 tablespoons lemon juice |
| ½ teaspoon mustard seeds | 1 teaspoon vinegar |

Method

1. Peel oranges, separate segments and de-seed them. Cut them into half.
2. Wash lettuce, tear into bite sized pieces and keep in ice cold water to remain crisp.
3. Wash spring onions. Cut the greens into one-inch long pieces. Cut onions into quarters and separate the layers. Wash mint leaves, reserve some for garnishing and chop the remaining.
4. To make dressing, crush peppercorns, rock salt, mustard seeds and garlic with lemon juice in a mortar with a pestle. Mix vinegar.
5. In a bowl, mix all the fruits, vegetables and chopped mint leaves.
6. Add the dressing and toss well. Serve immediately.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 145 kcal |
| Carbohydrates | 26.5 g |
| Protein | 4.3 g |
| Fibre | 3.2 g |
| Fat | 2.0 g |
| Sodium | 396 mg |

Aloo Kofta in Khus Khus Curry

A surprisingly low oil recipe

Serves 2

You Will Need

For Kofta

3 large sized potatoes (boil)
½ cup cottage cheese (*paneer*)(grate)
2-3 green chillies (finely chop)
10-12 raisins

2 tablespoons cornflour or arrowroot powder
Salt to taste
1 tablespoon oil

For Gravy

3 tablespoons poppy seeds (*khus khus*)
2 medium sized onions (quarters)
1 tablespoon oil
1 tablespoon ginger paste
1 tablespoon garlic paste
2-3 green chillies (finely chop)

½ cup skimmed milk yogurt
½ teaspoon sugar
1 ½ teaspoons red chilli powder
1 teaspoon *garam masala* powder
Salt to taste
½ cream (cow's milk) (whisk)

For Garnish

A few sprigs of fresh coriander leaves (finely chop)

Method

1. Mash potatoes and mix in grated *paneer*, green chillies, raisins, cornflour and salt to taste. Divide into six portions and shape them into oblong shapes like cutlets. Brush each cutlet lightly with oil and cook on GRILL (TOP and BOTTOM) for fifteen minutes. Remove and keep aside.
2. Soak poppy seeds in half a cup of water for twenty minutes. Drain and grind to a paste. Lightly stew quartered onions in half a cup of water for five minutes. Cool and grind to a paste.
3. In a deep microwave casserole mix oil, onion paste, ginger and garlic pastes, green chillies and cook, uncovered, on Microwave HIGH (100%) for three minutes. Remove.
4. Stir in yogurt, poppy seed paste, sugar, red chilli powder, *garam masala* powder and salt to taste. Cover and cook on Microwave HIGH (100 %) for two to three minutes. Remove and stir in cream. Cook further, uncovered, on Microwave HIGH (100%) for a minute.
5. Arrange *koftas* in a serving dish, pour gravy and serve hot, sprinkled with chopped coriander leaves.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 571 kcal |
| Carbohydrates | 44.5 g |
| Protein | 11.5 g |
| Fibre | 2.6 g |
| Fat | 31.5 g |
| Sodium | 421 mg |

Jiffy Bhindi Masala

An easy spicy bhindi from the microwave

Serves 2

You Will Need

400 gms lady fingers (*bhindi*)
1 ½ teaspoons oil
½ teaspoon fennel seeds (*saunf*)(crush lightly)
¼ teaspoon fenugreek seeds (*methi*) (crush lightly)
1 medium sized onion (slice thinly)

¾ teaspoon cumin seeds
2 teaspoons coriander powder
2 green chillies (finely chop)
½ inch piece of ginger (grate)
½ teaspoon dry mango powder (*amchur*)
1 teaspoon red chilli powder
Salt to taste

Method

1. Wash, wipe and cut head and tail of lady fingers. Cut each into two or three pieces depending on the size.
2. Place oil, crushed fennel seeds, fenugreek seeds, onion, cumin seeds, coriander powder, green chillies and ginger in a deep Microwave casserole. Mix well. Cook on Microwave HIGH (100%) for two minutes.
3. Mix in the lady fingers, dry mango powder, red chilli powder and salt. Cook, covered, on Microwave HIGH (100%) for five to six minutes.
4. Stir and cook further, uncovered, on Microwave HIGH (100%) for one minute. Serve immediately.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 116 kcal |
| Carbohydrates | 13.4 g |
| Protein | 2.9 g |
| Fibre | 1.9 g |
| Fat | 7.5 g |
| Sodium | 412 mg |

Sweet and Sour Sprout Curry

Hara chana in a very tasty version

Serves 2

You Will Need

1 cup sprouted fresh *harachana*
1 teaspoon oil
A pinch of asafoetida powder
¼ teaspoon mustard seeds
2 dried whole red chillies
3-4 garlic cloves (finely chop)
2-3 green chillies (finely chop)

2 tablespoons tamarind pulp
½ teaspoon turmeric powder
Salt to taste
1 teaspoon grated jaggery
¼ teaspoon carom seeds (*ajwain*) (crush)
A few sprigs of fresh coriander leaves
(chop)

Method

1. Heat oil in a non-stick pan, add asafoetida powder and mustard seeds and let it crackle. Break the dried red chillies into two and add to the pan.
2. Add chopped garlic and chopped green chillies and stir-fry for half a minute.
3. Dilute the tamarind pulp in a quarter cup of water and add to the pan.
4. Sprinkle turmeric powder, salt, jaggery and stir well over high heat and cook till the jaggery dissolves.
5. Add the sprouted *harachana* and the crushed *ajwain*.
6. Mix thoroughly, garnish with chopped coriander leaves and serve hot.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 209 kcal |
| Carbohydrates | 34 g |
| Protein | 11 g |
| Fibre | 3 g |
| Fat | 3 g |
| Sodium | 406 mg |

Chanadal - Carrot Medley

A dal with a colourful difference!

Serves 2

You Will Need

½ cup Bengal gram spilt (*chana dal*)
2 medium sized carrots (small cubes)
1 teaspoon oil
1 bay leaf
½ teaspoon cumin seeds
1 medium sized onion (chop)
1 inch piece of ginger (chop)
2-3 cloves of garlic (chop)

½ teaspoon red chilli powder
1 teaspoon coriander powder
¼ teaspoon turmeric powder
1 medium sized tomato (finely chop)
Salt to taste
¼ medium bunch of fresh coriander leaves (finely chop)

Method

1. Soak *chana dal* for one to two hours in two cups of water.
2. Heat oil in a non-stick pan, add bay leaf, cumin seeds and cook for half a minute. Add onion and cook over medium heat till onion turns translucent. Add ginger and garlic and stir-fry for half a minute.
3. Reduce the heat and add red chilli powder, coriander powder and turmeric powder. Add tomato and continue to cook for three to four minutes, stirring occasionally.
4. Drain and add the soaked *chana dal* and carrot cubes and mix well. Add one cup of water and salt to taste.
5. Cook on high heat till the water begins to boil, then lower the heat, cover and simmer till the *dal* is well cooked and the *masala* is almost dry. Adjust salt.
6. Garnish with chopped coriander leaves and serve hot.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 187 kcal |
| Carbohydrates | 24.0 g |
| Protein | 6.3 g |
| Fibre | 1.7 g |
| Fat | 7.0 g |
| Sodium | 404 mg |

Aromatic Fish Bake

With ginger, lemon and garlic, but no oil!

Serves 2

You Will Need

2 fish fillets
1 teaspoon lemon juice
Salt to taste
½ inch piece of ginger (thin slices)
2 cloves of garlic (peel)

5-6 peppercorns
A small stalk of celery (dice)
1 spring onion (round slices)
1 bay leaf
1 lemon (thin round slices)

For Garnish

¼ small sized cabbage (shred)
1 medium sized tomato (slice)

1 medium sized capsicum (julienne)

Method

1. Marinate fish fillets in one teaspoon of lemon juice and salt to taste for fifteen minutes. Mix sliced ginger, whole garlic, peppercorns, diced celery, spring onion roundels, bay leaf, lemon slices, salt and quarter cup of water. Soak fish slices in this marinade and refrigerate for half an hour.
2. Preheat oven to 220°C. Bake fish with marinade in a covered baking tray for ten to twelve minutes.
3. Serve immediately with the juices, garnished with shredded cabbage, tomato slices and capsicum julienne.

Note: The fish can be alternatively cooked in a steam pot for five to seven minutes or Microwave oven for three minutes on HIGH (100%).

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 238 kcal |
| Carbohydrates | 7.5 g |
| Protein | 18.5 g |
| Fibre | 1.2 g |
| Fat | 23.8 g |
| Sodium | 443 mg |

Tricolour Chicken Stir Fry

Delicious blend of chicken and veggies in spicy masala

Serves 2

You Will Need

2 chicken breasts, skinless & boneless
2 medium sized onions (thick slices)
2 medium sized tomatoes (deseed)
1 medium sized capsicum (deseed)
1 teaspoon of oil
½ teaspoon mustard seeds
1 teaspoon cumin seeds
8-10 curry leaves
4-5 cloves of garlic (finely chop)

2 green chillies (slit)
½ teaspoon turmeric powder
1 teaspoon red chilli powder
Salt to taste
1 inch piece of ginger (julienne)
1 teaspoon *garam masala* powder
1 tablespoon lemon juice
A few sprigs of fresh coriander leaves
(finely chop)

Method

1. Cut chicken into finger sized pieces. Separate the different layers of onion. Cut tomatoes and capsicum into half-centimetre wide strips.
2. Heat oil in a non-stick pan and add mustard seeds. When they begin to crackle, add cumin seeds and curry leaves.
3. Add chopped garlic and slit green chillies. Stir-fry briefly and add onions. Cook on medium heat for half a minute, stirring frequently.
4. Add chicken pieces and continue to cook on medium heat for five minutes, stirring occasionally. Add turmeric powder, red chilli powder, salt, capsicum and ginger julienne. Cook for two minutes, stirring occasionally.
5. Sprinkle *garam masala* powder and lemon juice. Add tomatoes. Reduce heat and continue to cook for two minutes. Serve hot, garnished with chopped coriander leaves.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 215 kcal |
| Carbohydrates | 10.1 g |
| Protein | 27.7 g |
| Fibre | 1.3 g |
| Fat | 7.0 g |
| Sodium | 411 mg |

Palak and Til Murgh

Tender chicken with lots of greens and sesame

Serves 2

You Will Need

2 chicken breasts
½ medium bunch of fresh spinach (shred)
1 teaspoon sesame seeds (roasted)
3-4 fresh red chillies
1 tablespoon oil
1 small sized onion (finely chop)

4-5 cloves of garlic (finely chop)
1 inch piece of ginger (finely chop)
1 medium sized tomato (large cubes)
Salt to taste
½ medium bunch of fresh coriander leaves (finely chop)

Method

1. Clean, wash and cut each chicken breast into three pieces.
2. Cut red chillies into diamonds.
3. Heat oil in a pan. Add onion and fry till pink. Add garlic, ginger and red chillies. Cook for a minute.
4. Add tomato and spinach. Stir well.
5. Add chicken pieces and salt. Cook for seven to eight minutes or till chicken is done.
6. Serve hot garnished with coriander leaves.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 291 kcal |
| Carbohydrates | 6.5 g |
| Protein | 27.8 g |
| Fibre | 1.2 g |
| Fat | 16.9 g |
| Sodium | 461 mg |

Parantha Zara Hat Ke

A low fat dal and dalia bread

Serves 2

You Will Need

¼ cup moong dal
¾ cup broken wheat (dalia/lapsi)
1 cup whole wheat flour (atta)
Salt to taste
1 inch piece of ginger (grate)

A few sprigs of fresh coriander leaves
(finely chop)
1-2 green chillies (finely chop)
2 teaspoons oil

Method

1. Soak *moong dal* for half an hour. Drain and keep aside.
2. Pressure cook *moong dal* and *dalia* in one and half cups of water until soft. Cool and mash the mixture.
3. Combine wheat flour and salt.
4. Mix wheat flour with cooked *moong dal* and *dalia*. Knead into a soft and pliable dough along with grated ginger, chopped coriander leaves and green chillies.
5. Keep the dough covered with a damp muslin cloth for ten to fifteen minutes.
6. Divide the dough into 6 equal portions. Form them into balls (*pedas*). Roll out each portion to thin five to six inches sized discs.
7. Brush a little oil on a hot non-stick *tawa* and place the *parantha* on it and cook on medium heat for half a minute on each side. Reduce heat and cook further till both the sides are slightly browned.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 387 kcal |
| Carbohydrates | 69.4 g |
| Protein | 13.2 g |
| Fibre | 1.6 g |
| Fat | 6.3 g |
| Sodium | 69 mg |

Corn and Spinach Rice

Brown rice, corn and greens in a flavourful pulao

Serves 2

You Will Need

1 cup brown rice
1/2 cup corn kernels
1/2 medium sized bundle spinach (chop)
1/2 medium sized bundle green amaranth (*chauli*) (chop)
1 teaspoon oil
1/2 teaspoon cumin seeds
1 bay leaf
2 cloves
2-3 peppercorns

1 green cardamom
1 black cardamom
1/2 inch stick of cinnamon
1/2 blade of mace
1 inch piece of ginger (finely chop)
3-4 cloves of garlic (finely chop)
1-2 green chillies (slit)
Salt to taste
2 teaspoons lemon juice

Method

1. Wash and soak rice in three cups of warm water for three to four hours.
2. Heat oil in a non-stick pan. Add cumin seeds and when it starts to change colour, add bay leaf, cloves, peppercorns, green cardamom, black cardamom, cinnamon and mace. Stir-fry briefly. Add ginger, garlic and slit green chillies. Cook on medium heat for a minute.
3. Add corn kernels and continue cooking for two to three minutes. Drain and add rice, stir gently for about a minute.
4. Add two and a half cups of water and salt to taste. Bring to a boil, add chopped spinach and *chauli* and mix well. Pressure cook to two whistles and keep on low heat for five minutes. Add lemon juice just before serving.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 299 kcal |
| Carbohydrates | 51.2 g |
| Protein | 13.3 g |
| Fibre | 1.5 g |
| Fat | 7.3 g |
| Sodium | 439 mg |

Adrak Gajar Pulao

Tasty ginger flavoured brown rice without oil

Serves 2

You Will Need

1 cup brown rice
1 ½ inch piece of ginger (thin strips)
½ bay leaf
1/2 inch stick of cinnamon
1 black cardamom
7-8 small Madras onions (quarters)
2 medium sized carrots (chop)

2 large tomatoes (puree)
Salt to taste
2 teaspoons raisins
5-6 peppercorns (crush)
1 teaspoon lemon juice
1 small bunch fresh coriander leaves
(finely chop)

Method

1. Wash and soak rice in three cups of warm water for three to four hours.
2. Heat a non-stick pan and dry roast bay leaf, cinnamon and black cardamom. Add ginger, Madras onions, carrots, tomato puree and salt. Sauté for two to three minutes.
3. Add two cups of water and stir. Bring to a boil and add drained rice, raisins and crushed peppercorns.
4. Cover and cook on low heat, stirring occasionally.
5. When rice is done stir in lemon juice. Garnish liberally with chopped coriander leaves and serve.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 222 kcal |
| Carbohydrates | 59.9 g |
| Protein | 5.5 g |
| Fibre | 2.4 g |
| Fat | 0.8 g |
| Sodium | 420 mg |

Bejewelled Yogurt

Pineapple, pomegranate and mint brighten up this raita!

Serves 2

You Will Need

2 cups yogurt
Sea salt to taste
3-4 slices tinned pineapple (cubes)
½ cup pomegranate seeds
¼ teaspoon red chilli flakes

A few sprigs of mint leaves (chop) + for garnish
½ teaspoon cumin seeds (roast and crush)

Method

1. Whisk the yogurt and add sea salt.
2. Mix cubed pineapple, pomegranate seeds, red chilli flakes and chopped mint leaves into the yogurt.
3. Garnish with cumin powder and a sprig of mint. Serve chilled.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 130 kcal |
| Carbohydrates | 15.6 g |
| Protein | 4.5 g |
| Fibre | 2.8 g |
| Fat | 4.7 g |
| Sodium | 452 mg |

Prune Cake

Absolutely dainty low fat chocolate cake

Makes 6 slices

You Will Need

½ cup prune puree
1 cup powdered sugar
1 cup refined flour (*maida*)
¾ cup unsweetened cocoa powder

¼ teaspoon baking soda
1½ teaspoons baking powder
1½ teaspoons vanilla essence
3 egg whites

Method

1. Preheat oven to 180°C (350°F). Line a non-stick 7" cake tin with some greaseproof paper.
2. Mix prune puree with one cup of water. Mix in sugar till well blended.
3. Sieve *maida* with unsweetened cocoa powder, baking soda and baking powder. Place in a deep bowl.
4. Mix dry ingredients with sweetened puree mixture. Beat well to get a smooth mixture. Mix in vanilla essence.
5. Whisk egg whites till light and fluffy in another bowl.
6. Fold in egg whites into the prepared batter. Immediately pour into the prepared cake tin.
7. Bake at 180°C (350°F) for thirty minutes.
8. Cool on a wire rack. Slice and serve.

Nutritional Information Per Serving

| | |
|---------------|----------|
| Calories | 200 kcal |
| Carbohydrates | 89.5 g |
| Protein | 18.9 g |
| Fibre | 0.3 g |
| Fat | 18.8 g |
| Sodium | 5 mg |