

गृहकार की रसदों

Tasty bhi, healthy bhi

RECIPES FROM THE HOME KITCHENS OF FSSAI EMPLOYEES





About the book

A healthy diet is one of the key components of maintaining a good lifestyle. Research suggests that “healthy” food choices not only have physical but also mental health benefits and might be a long-term investment in future well-being. In India, while we have many local, seasonal produces but often they are not fully utilized.

Consuming freshly cooked food provides better nutritional value and also helps in conscious controlling of the amount of fat, salt and sugar added in food. But studies show that there is an increase in demand of the convenient foods and people usually forget to enjoy fresh, local, seasonal foods leading to rise in prevalence of obesity and diet related non-communicable diseases (NCDs) such as type II diabetes, hypertension and heart diseases. Given the demanding work life and lack of time, it is often considered that preparing home cooked meals is likely to be tedious.

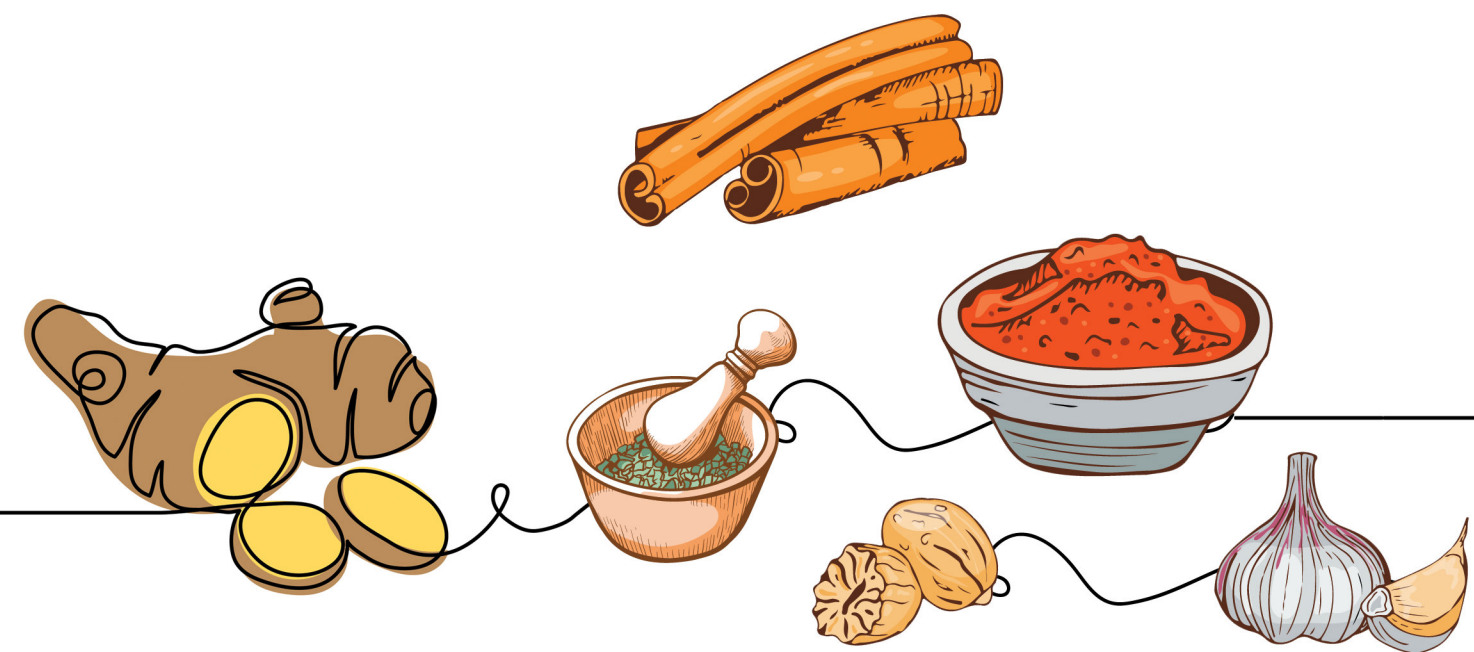
As a part of FSSAI’s effort to be an ‘Eat Right Campus’, those working there were engaged and encouraged to incorporate healthy eating habits. A Healthy Recipe contest - *Ghar ki rasoi: Tasty bhi, Healthy bhi* was organized on 16th October 2020, World Food Day. This book features all the winning recipes.

The book is divided into eight sections based on the recipe competition category namely- Beverages, Snack, Root Vegetables, Green Leafy and Other Vegetables, Rice, Wheat, Millets and Fruits. The nutritive value is calculated based on the amounts submitted by participants according to NVIF (1989), IFCT (2017), USDA (2017). The calculations provide an estimate and are not exact. The value may vary depending on individual portions and variety of food products available in different regions.

ghehar ke rasoi

Table of Contents

Beverages	1
Snacks	15
Root Vegetables- Based Dishes	27
Green Leafy and other Vegetables- Based Dishes	39
Savoury Rice- Based Dishes	53
Savoury Wheat- Based Dishes	67
Millet- Based Dishes	79
Fruits- Based Dishes	95

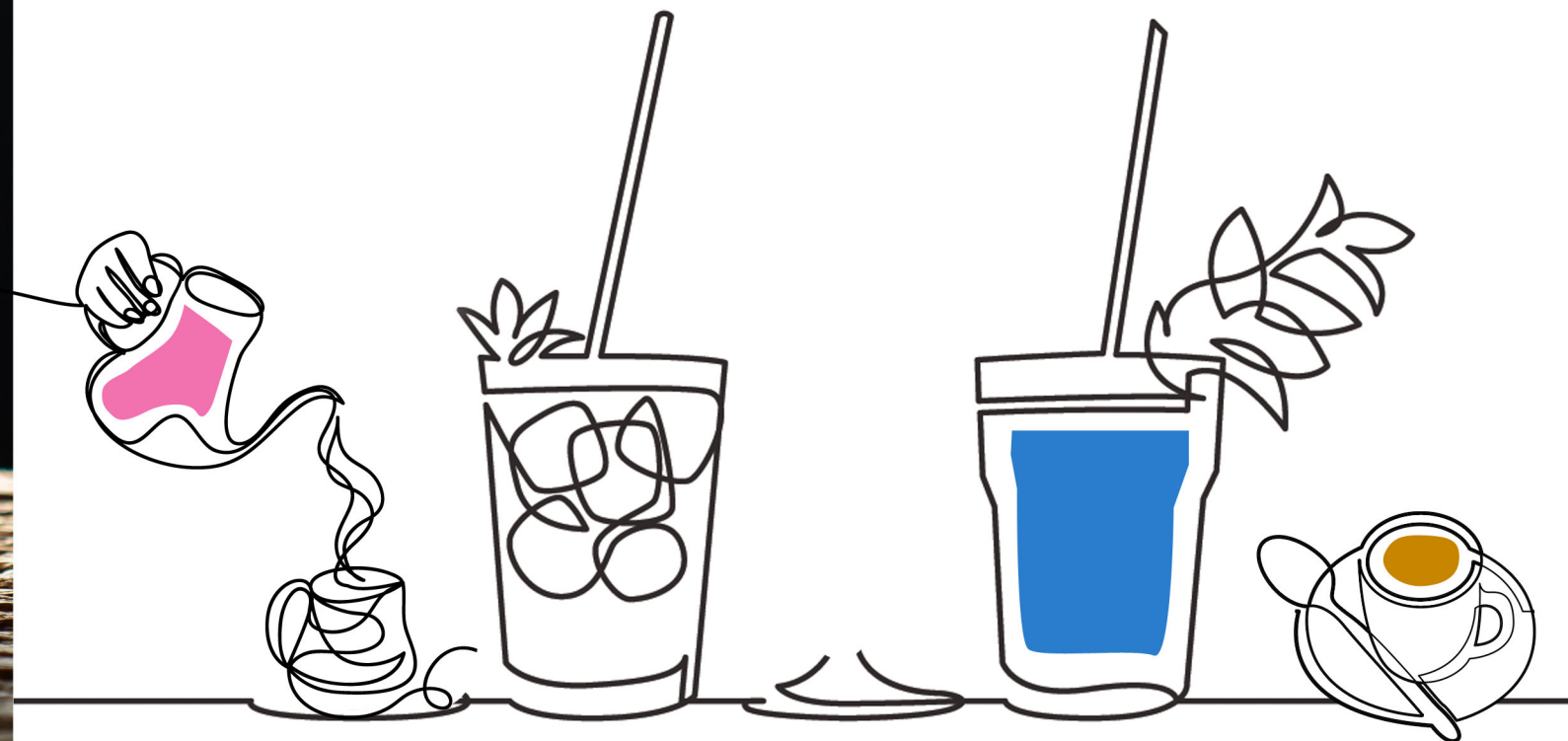


BEVERAGES



1

Honey Mint Lemon Tea	3
Carrot and Broccoli Soup	5
Mushroom Bean Soup	7
Dal Rasam	9
Milk Protein Shake	13



HONEY MINT LEMON TEA

INGREDIENTS

- Water - 1 litre
- English Breakfast teabag/tea leaves - 2 teaspoons
- Honey - 4 teaspoons
- Lemon- 1 Large piece, sliced into 5-6 even wedges
- Fresh mint - 2 stems

Serves
5

INSTRUCTIONS

1. Heat the water in a kettle/saucepan and bring it to a boil.
2. Once water starts boiling, remove from the kettle/saucepan and pour into a jug.
3. Place the teabag in the hot water for a few minutes, just until the colour is a light caramel brown, then remove the teabag.
4. Stir in the honey while tea is still hot.
5. Drop the lemon wedges in the tea and press the wedges with a spoon to squeeze a bit of the juice out.
6. Place two stems of fresh mint in the tea and wait until it cools slightly.
7. Add ice and serve chilled honey mint tea.

NUTRITIVE VALUE

(Per serving)

Energy	15 Kcal
Protein	0 g
Fat	0 g
Carbohydrate	3 g

Source: IFCT (2017)

CARROT AND BROCCOLI SOUP

INGREDIENTS

- Carrot, chopped - 1 medium size
- Broccoli florets - 1½ cup
- Onion, chopped - 1 medium size
- Milk - 1 cup
- Refined wheat flour (Maida) - 1½ tablespoon
- Butter - 1 tablespoon
- Dried parsley - ½ teaspoon
- Pepper powder - ¼ teaspoon
- Salt - ¾ teaspoon

Serves
2

INSTRUCTIONS

1. In a large saucepan add butter and cook the onion and carrots in it for 3 minutes.
2. Add broccoli to the pan and cook for 3 more minutes. Stir in 1 cup milk, salt and pepper.
3. Bring to a boil and then reduce heat; cover and simmer for 5-10 minutes
4. In a separate bowl, combine flour and remaining milk until smooth. Gradually stir this mixture into the soup, bring to a boil and cook until thickened.
5. Garnish with parsley and serve hot.

or until vegetables are tender.

NUTRITIVE VALUE

(Per serving)

Energy	206 Kcal
Protein	7 g
Fat	10 g
Carbohydrate	22 g

Source: IFCT 2017,
Food data central, USDA

MUSHROOM BEAN SOUP

INGREDIENTS

- Mushroom - 1 cup
- Beans - ½ cup , finely chopped
- Garlic - 3 cloves
- Pepper - ½ teaspoon (as per taste)
- Salt - ½ teaspoon (as per taste)
- Butter - 1 teaspoon
- Vegetable stock - 1 cup or ½ vegetable stock cube mixed in 1 cup of warm water
- Onion - ¼
- Ginger - ½ inch

Serves
2

INSTRUCTIONS

1. In a deep bottom pan heat butter, add onion & ginger & garlic - once brown & soft, add the mushroom - sauté till it leaves its water and turns brown.
2. Now add the beans and saute for 2-3 minutes.
3. Add the vegetable stock and cook for 5-7 minutes till beans are properly cooked. Alternatively, you can pressure cook soup for 2 whistles or boil it for 5-7 minutes.
4. Serve it warm as it is if you like it chunky or blend it for a smooth soup.



NUTRITIVE VALUE

(Per serving)

Energy	52 Kcal
Protein	47 g
Fat	2 g
Carbohydrate	3 g

Source: IFCT (2017)

DAL RASAM

INGREDIENTS

For Rasam Powder

- Red Chilli - 2
- Coriander Seeds - 1 teaspoon
- Pepper - ¼ teaspoon
- Cumin Seeds - ¼ teaspoon
- Asafoetida - pinch
- Garlic - 2 pods
- Curry Leaves - 4-5

For Rasam

- Rasam Powder
- Tamarind Soaked - size of an amla
- Boiled Tuvar Dal - 1 cup
- Tomato - 1 medium sized , fully ripened and chopped
- Curry Leaves
- Coriander Leaves
- Garlic - 3-4 pods , chopped
- Mustard - ¼ teaspoon
- Cumin seeds- ¼ teaspoon
- Salt - 1 spoon
- Oil - 5gms

Serves
4



NUTRITIVE VALUE

(Per serving)

Energy	179 Kcal
Protein	11 g
Fat	2 g
Carbohydrate	28 g

Source: IFCT (2017)

INSTRUCTIONS

1. Grind all the ingredients for rasam powder.
2. Soak the tamarind and squeeze the juice out of it.
3. Take a large vessel and add the ground rasam powder to it , add chopped tomato and salt , mix and then mash the tomato with hand.
4. Add fresh curry leaves to it and keep it aside.
5. Boil the tuvar dal with little oil and asafoetida and mash the dal.
6. Add 2½ cups of water to the dal and allow it to boil and strain the dal water and keep it aside
7. In a kadai , add oil , once heated add asafoetida , mustard seeds , cumin seeds , garlic and season and add the tamarind mixture , allow to boil with a covered lid.
8. Once the tamarind is boiled add the dal water into it and cook on low flame. After a slight boil, remove from fire and garnish with coriander and if desired can add seasoning (tadka) with one red chilli , mustard and cumin seeds on top.
9. Cover it with a lid and serve it lukewarm for perfect taste.



MILK PROTEIN SHAKE

INGREDIENTS

- Milk : 300ml
- Foxnut: 2 tablespoon (Powder)
- Almonds: 3 pcs
- Walnut: 2 pcs
- Black Chickpea: 10 g
- Raisin: 5 pcs (optional)

Serves
1

INSTRUCTIONS

1. Soak black chickpea, almonds, and walnuts overnight.
2. Peel the skin of almonds and walnuts.
3. Make a paste of peeled almond, walnut and black chana by grinding them (preferably using mortar-pestle or Sil-batta).
4. For fox nut powder- grind clean and unroasted foxnut.
5. Heat milk and bring to a boil, and heat for about additional 2-3 min to slightly reduce it on slow to medium flame.
6. Then add fox nut powder, paste and raisin (as such or chopped).
7. Heat it for another 1-2 min to get desired consistency and then serve it (hot/medium hot).

NUTRITIVE VALUE

(Per serving)

Energy	273 Kcal
Protein	13 g
Fat	15 g
Carbohydrate	22 g

Source: IFCT (2017), Food label



SNACKS

Red Poha Laddoo	18
Healthy Ragi Biscuit	20
Dried Coconut Laddoo	22
Banana Dates Oats Cookies	24
Kumdo Phul Er Baked Bora (Baked Pumpkin Blossom Fritters)	26



NUTRITIVE VALUE

(Per serving)

Energy	262 Kcal
Protein	4.1 g
Fat	7.9 g
Carbohydrate	43.7 g

Source: IFCT (2017), Food label

RED POHA LADDOO

Serves
3

INGREDIENTS

- Red Poha - 100 gms
- Dessicated coconut - 25 gms
- Jaggery powder - 50 gms
- Cardamom powder - 1 teaspoon
- Cashew, raisins, almond - 5 pieces each

INSTRUCTIONS

1. Heat a heavy bottom pan and dry roast Red Poha until they turn crunchy.
 2. Add desiccated coconut and switch off the stove.
 3. Cool the Red Poha and dessicated coconut mixture and powder it.
 4. Add cardamom powder and jaggery powder and blend well and transfer it to a plate.
 5. Fry cashews, raisins and almond in ghee till it turns light brown in colour.
 6. Add powdered red poha, jaggery and dessicated coconut mixture into ghee and mix well for one minute and switch off the flame.
 7. Take a little amount of mixture and press firmly to form laddoos.
- Tip: If the mixture is crumbly, add a little hot ghee and try to make laddoo.

NUTRITIVE VALUE

(Per serving)

Energy	266 Kcal
Protein	3 g
Fat	14 g
Carbohydrate	30 g

Source: IFCT (2017)

HEALTHY RAGI BISCUIT

Serves
6

INGREDIENTS

- Ragi atta - $\frac{1}{2}$ cup , dry roasted without ghee
- Whole wheat flour - $\frac{1}{2}$ cup
- Cold butter - 100 gms , unsalted
- Baking powder - 1 teaspoon
- Sugar - $\frac{1}{2}$ cup, powdered
- Milk - 2 tablespoon , if required
- Nuts - as per choice

INSTRUCTIONS

1. Mix both flours and mix together with butter.
2. Mix all the remaining ingredients together
3. Roll the dough into desirable shapes or just make equal size balls and press with your palm.
4. Place the cookies on a baking tray and keep in the refrigerator or keep in a cool place for 20 min until set.
5. Preheat the oven. Then bake the cookies for 10 min at 180 C. Serve fresh.



NUTRITIVE VALUE

(Per serving)

Energy	305 Kcal
Protein	4 g
Fat	35 g
Carbohydrate	3 g

Source: IFCT (2017), Food label

DRIED COCONUT LADDOO

INGREDIENTS

- Dried Coconut (Copra) - 250gm
- Milkmaid - 100gm
- Ghee - 2 tablespoons



INSTRUCTIONS

1. Blend dry coconut in a blender to make a granulated mix of dried coconut (Copra).
2. Take a Sauce pan and add little amount of grounded coconut mix and dry roast it and keep it aside.
3. Put 1 Tablespoon ghee to the same saucepan and add remaining grounded coconut mix and saute for about 2 minutes.
4. Later add milkmaid to the pan and mix well the coconut mix and milk maid and cook till the mixture leaves the sides of the pan (this takes about 10min on an average).
5. Turn off the flame and apply little bit of ghee to your hands (wash n dry hands thoroughly before this step) and making laddoos bu rolling the coconut mixture into a ball shape.
6. Coat the laddoo with dry roasted coconut mix and serve it hot or cold.



NUTRITIVE VALUE

(Per serving)

Energy	361 Kcal
Protein	9 g
Fat	7 g
Carbohydrate	64 g

Source: IFCT (2017)

BANANA DATES OATS COOKIES

Serves
8

INGREDIENTS

- Ripe bananas - 2 Large (mashed)
- Oats- 3 cups
- Dates pitted and chopped- 1 cup
- Vegetable oil- 4 tablespoons
- Honey- 1/3 cup
- Vanilla- 1 teaspoon
- Cinnamon- 1 teaspoon

INSTRUCTIONS

1. Pre-heat your oven to 325 degrees fahrenheit .
2. Combine all ingredients in a large bowl.
3. Take small portions of the dough and roll into a ball. Place the balls on a baking sheet and then slightly press down to thin it out.
4. Bake in the oven for 25-28 minutes or until the cookie base is browned.
5. Once done, Remove from oven and let the cookies cool and serve.

NUTRITIVE VALUE

(Per serving)

Energy	225 Kcal
Protein	8 g
Fat	8 g
Carbohydrate	27 g

Source: IFCT 2017, Food data central, USDA

KUMDO PHUL ER BAKED BORA (BAKED PUMPKIN BLOSSOM FRITTERS)

INGREDIENTS

- Pumpkin blossom- 4
- **For batter-**
- Besan - 30g
- Brown rice (soaked for 15 mins)-20 g
- Kalonji- 1teaspoon
- Turmeric powder- ¼ teaspoon
- Green chillies- 1
- Salt as per taste
- **For stuffing-**
- Roasted Pumpkin seeds- 30 g
- Boiled apple pulp- 1 apple
- Lime juice- 1Tbsp & Cilantro

Serves
2

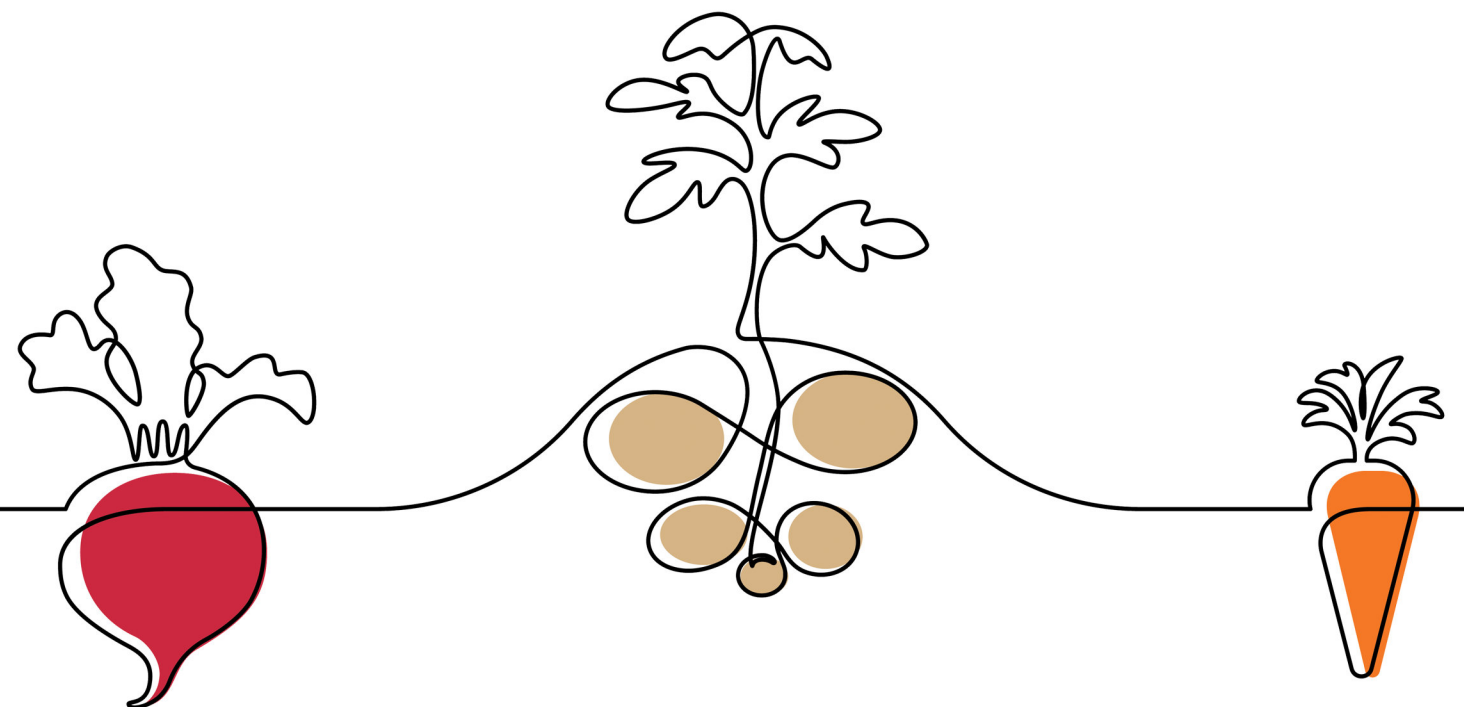
INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) for 20 minutes.
2. To make the batter, put all ingredients mentioned above for batter (except kalonji) in a blender to make a fine paste.
3. Empty the paste in a bowl and now, mix kalonji to the batter and keep aside.
4. To make the stuffing- Put all ingredients mentioned above for stuffing in a blender to make a fine paste adding a splash of water if required.
5. Wash the pumpkin blossoms and cut separate the sepals containing stalk, the bottom part and stigma of the flower, then spread the stuffing in the inner part of the blossoms.
6. Once ready, dip the stuffed blossoms in the batter prepared earlier and ensure they get covered with a thin layer of batter.
7. Grease a tray with mustard oil, place all the battered blossoms on the tray and drizzle mustard oil from top.
8. Roast in the preheated oven until blossoms are thoroughly cooked, for about 10 minutes.
9. Alternatively , in case of absence of a microwave oven, the blossoms may be cooked covered on a skillet at a low flame for 15-20 mins until thoroughly cooked. Serve hot.

ROOT VEGETABLES



Sweet Potato Pancake	30
Beetroot Halwa	32
Shakarkandi Ke Cutlet	34
Beetroot Kurma Recipe	36
Sweet Potato, Chickpea And Spinach Curry	38



NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	10 g
Fat	10 g
Carbohydrate	50 g

Source: NVIF (1989), IFCT (2017) and USDA (2019)

SWEET POTATO PANCAKE

Serves
4

INGREDIENTS

- Sweet potato - ½ cup boiled and mashed
- Oats flour/ water chestnut flour - ¾ cup
- Flaxseed powder - 1 teaspoon
- Milk or milk alternative (For cashew milk- blend 15 cashews soaked overnight with 1 cup water) - 1½ cup
- Vanilla essence or cardamom for flavouring - ½ teaspoon
- Soaked dates / Gur or any sweetener of choice - 4-5 soaked dates/ 1 teaspoon gur

INSTRUCTIONS

1. In a bowl whisk all the ingredients till smooth & thick (add the milk gradually so that it is not too runny)
2. Heat a non stick pan and put a spoonful of pancake batter & cook for a few minutes on each side till slightly brown.
3. Once cooked, serve the pancakes warm with honey / maple syrup if you want it sweet or spread some cashew / peanut butter as a topping for a nutty taste.



NUTRITIVE VALUE

(Per serving)

Energy	250 Kcal
Protein	6.4 g
Fat	15 g
Carbohydrate	25 g

Source: NVIF (1989), IFCT (2017) and USDA (2019)

BEETROOT HALWA

INGREDIENTS

- Beetroot - 4 (grated)
- Toned milk - 2 cups
- Sugar - 4 tablespoons
- Cardamom powder - 1 teaspoon
- Nuts - Almonds and cashew
- Ghee - 1 tablespoon

Serves
4

INSTRUCTIONS

1. Wash and peel the beetroots , grate them.
2. Heat a pan on low flame and add grated beetroot.
3. Saute the beetroot for 10 mins on low flame.
4. When the beetroot is reduced add milk , ghee and sugar. Cook on low flame for 15 minutes , stir continuously in between.
5. Add cashews , almonds and cardamom powder towards the end. Cook for another 15 minutes.
6. Empty the halwa in a bowl.
7. Serve warm or cold.



SHAKARKANDI KE CUTLET



INGREDIENTS

- Boiled sweet potato - 2 Large sized
 - Capsicum, chopped - ½ cup
 - Onion, chopped - ½ cup
 - Bread crumbs - 1 cup
 - Garam masala - ½ Tablespoon
 - Green chillies, chopped - 1 teaspoon
 - Garlic, grated - 1 teaspoon
 - Ginger, grated - 1teaspoon
 - Coriander leaves, chopped - 1 Tablespoon
 - Roasted cumin powder - 1 teaspoon
 - Salt - ½ teaspoon
- For shallow frying**
- Corn flour, slurry
 - Oil - 2 Tablespoon

INSTRUCTIONS

1. Grate the boiled sweet potato and add all the ingredients to it. Mix well to make smooth dough. Let it rest for a few minutes.
2. Take a ball sized dough and roll into cutlets with your hands. Make all the cutlets using the dough.
3. Make the cornflour slurry by taking 2 Tablespoons of cornflour in a bowl and add about 4 Tablespoons of water and mix well so there are no lumps.
4. Dip the cutlets in the corn flour slurry and shallow fry on the flat iron pan with oil till they are golden brown.
5. Serve with coriander chutney.

NUTRITIVE VALUE

(Per serving)

Energy	400 Kcal
Protein	8 g
Fat	10 g
Carbohydrate	70 g

Source: IFCT (2017)



NUTRITIVE VALUE

(Per serving)

Energy	250 Kcal
Protein	5 g
Fat	10 g
Carbohydrate	15 g

Source: IFCT (2017)

BEETROOT KURMA

Serves
3

INGREDIENTS

- Beetroot - 2 medium pieces
- Potato - 1 medium size
- Ginger Garlic Paste - 1 teaspoon
- Tomato - 1 medium size
- Onion - 1 medium size
- Turmeric - ½ teaspoon
- Red Chilli Powder - ½ teaspoon
- Coriander Powder - 1 teaspoon
- Garam Masala - ½ teaspoon
- Coriander leaf - for topping
- Salt - According to taste
- Oil - 2 teaspoons
- Bay leaf- 1

For coconut Paste

- Cumin seeds - 1 teaspoon
- Coconut - 2 Tablespoons
- Chana Dal - 2 teaspoons
- Saunf - 1 teaspoon
- Cardamom - 1
- Cinnamon stick - 1 small piece
- Clove - 4

INSTRUCTIONS

1. Add finely chopped beetroot and potato in a pressure cooker and let it cook until two whistles.
2. To make coconut paste: In a blender add cumin seeds, coconut, chana dal, saunf, cardamom, cinnamon stick and cloves. Make a fine paste.
3. In a separate pan add oil, cumin seeds, onion and tomato, coconut paste and bay leaves. Sauté for 2 minutes.
4. Add the remaining spices and sauté for another 2 minutes.
5. Add beetroot and potato to the mixture and cook on medium flame for 5 minutes or until tender.
6. Garnish with coriander leaves and serve hot.

SWEET POTATO, CHICKPEA AND SPINACH CURRY

Serves
5

INGREDIENTS

- Onion - 1 small size , diced
- Olive oil (or any preferred oil) - 1 tablespoon
- Cumin seeds - 1 teaspoon
- Brown mustard seeds - 1 teaspoon
- Ginger & garlic paste - 2 Tablespoon
- Curry powder - 1 Tablespoon
- Garam masala - 1 Tablespoon
- Cinnamon ground - 1 teaspoon
- Chilli powder - 1 Tablespoon
- Fresh spinach - 125 g, coarsely chopped
- Sweet potatoes - 2 large
- Chickpeas - 400 g and 6-8 hrs soaked , drained
- Tomatoes- 400g fresh tomatoes, chopped
- Water - 200 ml
- Fresh coriander, chopped
- Asafoetida (hing) - 1 teaspoon (optional)

INSTRUCTIONS

1. Peel and chop the sweet potatoes into evenly sized cubes, then boil for 15 minutes.
2. Heat oil in a frying pan over medium heat.
3. Add cumin and mustard seeds to the oil and add ginger and garlic paste.
4. Now add onions and sauté until they start to soften and turn translucent
5. Add the curry powder, garam masala, chilli powder, cinnamon and asafoetida. Stir well so the masala is coated.
6. Add the tomatoes & chickpeas and stir to combine all the ingredients.
7. Add in water, turn the heat up and simmer for 2 minutes.
8. Add a handful of the spinach and stir, continue this process until all the spinach is combined.
9. Add the cooked sweet potatoes to the pan and stir well.
10. Lower the heat and simmer for 8-10 minutes stirring occasionally.
11. Transfer to a serving dish and garnish with coriander.

NUTRITIVE VALUE

(Per serving)

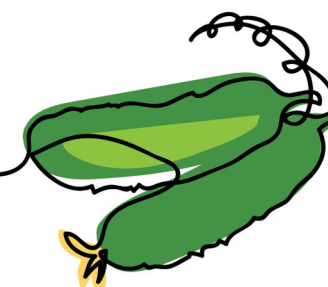
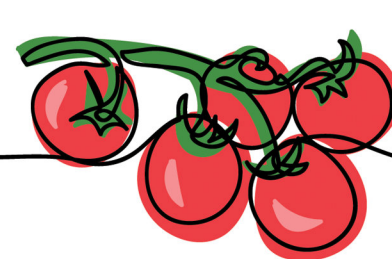
Energy	380 Kcal
Protein	17 g
Fat	6 g
Carbohydrate	50 g

Source: IFCT (2017)

GREEN LEAFY AND OTHER VEGETABLES



Monochromic Moon Salad	41
Drumstick Leaves Adai	43
Mix Vegetable Dhokla	45
Mixed Vegetable Egg Dosa	49
Drumsticks (Moringa) Leaves Soup	51



MONOCHROMIC MOON SALAD

INGREDIENTS

- Cucumber-50g
- Green gram sprouts- 50g
- Green Peas- 50g
- Broccoli-50g
- Spinach fresh-100g
- Coriander leaves fresh -30g
- Chaat masala -1tsp
- Green chillies fresh-1
- Raw Mango-30g
- Mint leaves fresh- 30g
- Salt (as required)
- Lemon -1

Serves
2

INSTRUCTIONS

1. Soak green moong and let them sprout after cleaning and draining water.
 2. Steam green peas, broccoli and spinach for about 3 min. Once slightly cooked take them off heat and cut them as required keep them aside.
 3. Cut all the veggies as listed above as per the size required. Give a quick mix with chat masala and salt to required vegetables.
 3. Mix sprouts with raw mango pieces and add lemon drops, give it a quick mix and arrange.
 4. Boiled Broccoli is to be mixed with Mint leaves and Coriander and placed next.
 5. Boiled Green peas to be mixed with coriander leaves and kept next.
 6. Finally place boiled Spinach and all this gives you a plate a Monochromic Moon pattern.
 7. This is garnished with Green Chutney to give chatpata taste or can go accordingly as per taste while serving.
- For Monochrome Pattern:**
1. Start arranging as per below to maintain Monochrome pattern
 2. Cucumber which is sprinkled with chat masala and given a quick mix to be arranged first

NUTRITIVE VALUE

(Per serving)

Energy	150 Kcal
Protein	10 g
Fat	1 g
Carbohydrate	20 g

Source: IFCT (2017)



Submitted by- Sukanya Pondugala

DRUMSTICK LEAVES ADAI

INGREDIENTS

- Idly rice 500 g
- Chana dal 100 gms
- Urad dhal - 100 gms
- Tuvar dal - 100 gms
- Dry red chillies - 50 gms
- Green gram - 200 gms
- Cow peas - 50 gms
- Fenugreek fresh - 50 gms
- Cumin seeds - 20 gms
- Hing - one pinch
- Drumstick leaves - 100 gms
- Curry leaves - 50 gms
- Onion - 150 gms
- Ginger garlic paste As required
- Salt to taste
- Oil- 1 Tablespoon

Serves
8

INSTRUCTIONS

1. Rinse and then soak idli rice, chana dal, urad dal, tuvar dal, green gram, cow peas and dry red chillies in water for 4 to 5 hours. Later, drain all the water and add the rice, pulses and red chillies in a grinder and blend.
2. Now add ginger-garlic paste and pinch of hing, cumin seeds to the mix.
3. Add adequate water and grind to a semi coarse batter. The batter does not have to be very fine, it can be slightly grainy. Ferment the batter for about 5 to 7 hours.
4. Now add finely chopped onions, chopped coriander leaves and drumstick leaves. Add salt as required. Mix well.
5. Heat a tawa and spread a little oil on it.
6. Take a ladle full of the adai batter and pour the batter on tawa.
7. Quickly spread the batter to make a round circle
8. Drizzle some oil in the center as well as on the sides. Cook on medium-low to medium flame till it is crisp and golden from the base. You can also cover with a lid and then cook
9. Then flip the adai. Cook the adai on the second side till it is cooked well and has golden brown spots on it.
10. Flip and then serve with fresh mint chutney or coriander chutney.

NUTRITIVE VALUE

(Per serving)

Energy	480 Kcal
Protein	20 g
Fat	4 g
Carbohydrate	90 g

Source: IFCT (2017)



Submitted by- S. Supriya

MIX VEGETABLE DHOKLA

INGREDIENTS

For the Mix Vegetable Dhokla Batter

- Wheat Suji/Rava- 1 cup
- Yogurt - 1 cup
- Salt as per taste
- Sugar- to balance taste (optional)
- Vegetables (a combination of any of these vegetable may be used - beans, green peas, carrot, capsicum, bell pepper, cabbage, onion, tomato) - 1.5 cup
- Green Chilli - 2, chopped
- Water- ½ cup

- Eno - 1 packet / 1 teaspoon or Baking Soda - ¼ teaspoon

For preparing Tempering (tadka) mixture (optional)

- Green Chilli - 1 slit
- Oil/ ghee - 1 Tablespoon
- Curry leaf - 1 sprig
- Mustard Seeds - 1 teaspoon

For Garnish:

- Coriander leaves - 2 Tablespoon, finely chopped

Serves
8

INSTRUCTIONS

Preparing Mix Vegetable Dhokla Batter:

1. In a bowl, add 1 cup of medium thick suji/rava and equal quantity of yogurt and mix well.
2. Let the batter rest for about 10 minutes so that suji absorbs the yogurt well.
3. After 10 minutes, check the consistency of the batter and if it is stiff, then add water accordingly to give flowy consistency to the batter.
4. Add salt to the batter as per taste. A little bit of sugar may also be added to balance the sourness of the batter.
5. Now add the vegetables and green chilli to the batter and mix it well. You may add vegetables of your choice.

NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	10 g
Fat	8 g
Carbohydrate	55 g

Source: IFCT (2017)



Submitted by- Deepti Gupta

6. If required then some more water may be added to give the batter a flowy consistency.
7. Finally, add baking soda or ENO powder to the batter, and mix it briskly and uniformly.
8. Pour the batter to a uniformly

Steaming:

1. Place the pan in a steamer and make sure that the water is boiling when you place the pan with the batter.
2. Steam the dhokla for 10-15minutes. The flame can be kept higher for the first 10minutes and then can be reduced to low flame.
3. To check if the dhokla is cooked, insert a toothpick and if it comes out clean, the dhokla is ready. If not, then you need to steam for some

Preparation of Tempering (Tadka):

1. While the dhokla is steaming in the, heat the oil/ghee in a small pan/tempering pan (tadka pan) on high flame.
2. Add mustard seeds to the hot oil and allow it to splutter, then add curry leaves, and green chilli and stir it well.
3. The tempering (tadka) mixture is now ready.

greased steamer pan. You can also use a baking pan/mould/ baking tin/ cake tin.

9. Gently shake/tap the pan so that the batter evens out in the pan.

more time.

4. Once the dhokla is ready/ when the toothpick inserted comes out clean, remove the pan from the steamer and allow it to cool.
5. With a knife/butter knife, gently slid around the edges of the dhokla. Keep a plate on top of the pan, and invert the pan upside down to remove the dhokla easily.
6. Cut the dhokla into small pieces.

Garnish and Serve Dhokla:

1. Cut the dhokla into small pieces.
2. Pour the tempering (tadka) mixture evenly on the dhokla and let it seep through the dhokla.
3. Add coriander leaves for garnishing.
4. Mix vegetable dhokla is now ready to serve.



MIX VEGETABLE EGG DOSA

INGREDIENTS (for 1 dosa)

- Dosa batter – ½ - ¾ cup
- Egg – 1, beaten with salt and a pinch of pepper (use 1 egg/ dosa)
- Onion – 2 Tablespoon , finely chopped
- Cabbage – 2 Tablespoon , finely chopped
- Carrot – 2 Tablespoon , grated
- Spinach – 2 Tablespoon , finely chopped
- Oil / ghee – 1 teaspoon

Dosa batter

- Raw rice – 1 cup
- Urad dal – ½ cup
- Fenugreek seeds / Methi seeds – ½ teaspoon
- Water
- Salt – as per the taste

Serves
1

INSTRUCTIONS

A. Dosa Batter

1. Wash rice, fenugreek seeds, and urad dal and soak for 6 hours in separate containers.
2. Then once again wash thoroughly and strain water.
3. Grind urad dal and fenugreek seeds. Add some water to the mix when required to get a smooth paste like consistency.
4. Grind rice into a coarse paste. Take 1 & ¾ cup of water to grind everything.
5. Mix both the batters together and transfer in a large container and add more water, if required. Add salt and mix well. Cover and keep the batter aside in a warm spot overnight for

fermentation.

B. Dosa

1. Mix the beaten egg with chopped onion, cabbage, carrot and spinach.
2. Heat a non-stick pan (alternatively if using a normal pan grease with some oil).
3. Pour ½- ¾ cup dosa batter (depending on the size of your pan) and spread to make a thin dosa but do not make it too thin.
4. Pour the beaten egg mixture on the dosa. Sprinkle ½- 1 teaspoon oil / ghee and cook until the bottom part is done. Flip it and cook for a minute over low heat.
5. Fold and serve hot with tomato or coconut chutney.

NUTRITIVE VALUE

(Per serving)

Energy	450 Kcal
Protein	22 g
Fat	12 g
Carbohydrate	55 g

Source: IFCT (2017)

Submitted by- Jesto George

DRUMSTICKS (MORINGA) LEAVES SOUP

INGREDIENTS

- Drumstick leaves - 1 bunch
- Cumin seeds - 1 teaspoon
- Tomatoes finely chopped- 2 medium size
- Salt to taste
- Pepper powder- ¼ tsp
- Dal water made out of tuvar dal (30g dal)

Serves
1

INSTRUCTIONS

1. Clean the drumstick leaves thoroughly.
2. Heat a pan with some oil and cook tuvar dal and add asafoetida to it. Cook till it has a soft consistency and mash the dal thoroughly.
3. Add 2 cups of water to the cooked mashed dal.
4. Allow it to boil and strain the dal water from the dal and keep it aside.
5. Take a shallow pan add little water, allow to boil.
6. Add the drumstick leaves, chopped tomatoes, fresh cumin seeds.
7. Allow to cook and then add dhal water, add salt and allow it to cook and thicken a little.
8. Once done sprinkle some pepper powder and serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	150 Kcal
Protein	10 g
Fat	4 g
Carbohydrate	20 g

Source: IFCT (2017)





Chaawal Ke Pithe	55
Palak Paneer Pulao	57
Rice Moong Dosa	61
Rice Veggie Delight Pancake	63
Appam	65



CHAAWAL KE PITHE

INGREDIENTS

- Rice flour - 1 cup
- Gram lentils - ½ cup
- Water - 1 cup (to knead rice flour)
- Asafoetida (hing) - 1 pinch
- Cumin powder - ¼ teaspoon
- Salt - ¼ teaspoon or according to taste
- Red chilli powder - ½ teaspoon
- Turmeric powder - ¼ teaspoon

Serves
3

INSTRUCTIONS

1. Wash and soak gram lentils in water for 4-5 hours.
2. Put a cup of water to boil and add ½ tsp salt to it. Turn off the gas after boiling, mix the rice flour in it and keep it covered for 10 minutes.
3. Now grind the gram lentils coarsely and add 1-2 Tablespoons of water at the time of grinding. Empty the ground lentils on a plate.
4. To prepare the rice paneer, add salt, red chillies, asafoetida and turmeric and mix it well.
5. Then mash the rice flour well and make it smooth. Now divide the rice flour into equal portions and cover it with dough.
6. With the help of dry rice flour, make the poori with the desired thickness in medium size and then place the puli in the middle of the puri and close the poori from the edge.
7. To cook in steam, add water to the vessel and heat it. Only after the water comes to a boil, keep the Pitha on an oiled plate and cover it and cook for 10 minutes.
8. Serve hot with any vegetable curry of choice.

NUTRITIVE VALUE

(Per serving)

Energy	345 Kcal
Protein	12 g
Fat	1 g
Carbohydrate	70 g

Source: IFCT (2017)

PALAK PANEER PULAO

INGREDIENTS (for 1 dosa)

- Basmati Rice - 2 Cups
- Palak - 500 gms
- Green chillies - 3
- Paneer - 400 gms
- Pudina /Mint leaves - ½ cup
- Onions - 3 medium sized
- Tomato - 1 large sized
- Garlic Paste - 1 tablespoon
- Ginger Paste - 1 tablespoon
- Red Chilli Powder - 1 teaspoon
- Coriander Powder - 1 teaspoon
- Fennel Powder / Saunf Powder - ½ teaspoon
- Turmeric Powder - ¼ teaspoon
- Oil - 2 tablespoon
- Ghee - 1 tablespoon

- Cashews - 10
- Water - 3 cups
- Coriander leaves chopped - 2 tablespoon , chopped
- Salt - 1 ½ teaspoon

Whole Spices

- Bay leaves - 2
- Green Cardamom - 4
- Black Cardamom - 1
- Cinnamon Sticks - 2 inch
- Cloves - 4
- Stone Flower/ Dagad Phool - ½ teaspoon
- Shahi Jeera - ½ teaspoon
- Pepper powder - ¼ teaspoon

Serves
6

NUTRITIVE VALUE

(Per serving)

Energy	570 Kcal
Protein	21 g
Fat	20 g
Carbohydrate	60 g

Source: NVIF (1989), IFCT (2017)



Submitted by- R.Hareesh

INSTRUCTIONS

1. Soak rice for 15 minutes, drain water and keep it aside.

2. Blanch spinach in boiling water, add ½ tsp salt, drain water and keep spinach aside to cool.(the same water can be used later for cooking rice).

3. In a blender, add spinach, green chillies and blend well to make a puree and keep it aside.

4. Heat Oil and ghee in a thick bottom pan, add ¼ cup sliced onions , fry well to brown.

5. Now add cashews fry till golden colour, remove fried onions, raisins and cashews reserve it for garnishing.

6. In the same pan, add all the whole spices, fry well till spices leaves flavours to oil.

7. Add the remaining sliced onions,
- ginger garlic paste and fry well, till the raw smell goes off.

8. Now add paneer cubes, and fry well until slightly golden in colour.

9. Add chopped tomatoes and fry well.

10. Add all the dry spice powders and fry well along with tomatoes until well blend.

11. Add the prepared palak puree and mix well.

12. Add drained rice, mix well with puree and continue to cook for 3-4 minutes.

13. Now add 3 cups of hot water, about 1 teaspoon salt and continue to cook for 12-15 minutes or until well cooked.

14. Once done , empty in a large container and garnish with chopped coriander leaves, fried onions and cashews.

NUTRITIVE VALUE

(Per serving)

Energy	345 Kcal
Protein	12 g
Fat	1 g
Carbohydrate	70 g

Source: IFCT (2017)

RICE AND MOONG DOSA

INGREDIENTS

- Moong dal (Green Gram) - 200gm
- Rice - 100gm
- Ginger (grated) - 1 Tablespoon
- Green Chillies - 5-6
- Jeera (Cumin Seeds) - ¼ teaspoon
- Salt - as per the taste
- Oil - 10
- Sesame seeds- 1 Tbsp
- Tamarind- Very small bits
- Salt - as per the taste
- Water - as required to blend
- Mustard Seeds- ¼ teaspoon
- Jeera- ¼ teaspoon
- Urad Dal - ¼ teaspoon
- Red Chilli dried - 2 pods
- Garlic (decorated) - 3pods
- Curry leaves- 5- 6 leaves

Peanut Chutney

- Groundnuts - 100gm
- Green Chillies - 6-7

INSTRUCTIONS

1. Soak the moong dal and rice together in water for about 5 hours and wash twice between the overall time period it is soaked for.
2. In a blender put the washed moong dal and rice and add ginger, green chillies and cumin seeds to it and blend to dosa consistency.
3. Keep the batter aside for about 1 hour to ferment or directly use the batter for making dosa and serve with Peanut chutney.

Peanut Chutney Instructions:

Shallow fry peanuts and chillies along with sesame seeds in oil till for 2-3

minutes. Remove from heat and let it cool.

1. In a blender add the roasted peanut and sesame mix and add salt, jeera, garlic pods, Tamarind bits and blend by adding little water to make a smooth paste like consistency.
2. Empty the chutney into a clean bowl, and then heat oil in a pan now add Mustard Seeds, Cumin seeds, urad dal, Red chilli, garlic pod and finally Curry leaves. When a crackling sound comes, take the pan off the heat and add to the blended chutney and mix well. Serve with hot dosas.

Serves
4

NUTRITIVE VALUE

(Per serving)

Energy	435 Kcal
Protein	20 g
Fat	15 g
Carbohydrate	50 g

Source: IFCT (2017)

Submitted by- Sukanya Pondugala

RICE VEGGIE DELIGHT PANCAKE

INGREDIENTS (for 1 dosa)

- Rice - 1 cup
- Potato - 1 big , boiled
- Onion - 1 medium , finely chopped
- Capsicum - 1 small , finely chopped
- Tomato - 1 medium sized , finely chopped
- Radish - ½ Cup , finely chopped/ grated
- Green chilly - 1
- Jeera - 1 Tablespoon
- Salt as per taste
- Black pepper - ½ Tablespoon
- Fortified Oil to cook
- Eno - 1 Tablespoon
- Coriander - 2 - 3 Tablespoon
- Ginger and Chilli paste - 1 Tablespoon

Serves
2

INSTRUCTIONS

1. Soak rice for 5-6 hrs
2. Grind soaked rice in a blender to make fine paste.
3. After grinding add in the boiled potato to the blended rice and grind it again to make a fine paste. Add a little water when required to get a smooth consistency.
4. Empty the ground mixture in a bowl and add in all the vegetables and mix well.
5. If you want a smoother batter add a little more water to it to make it semi liquid pancake batter consistency. Keep it aside for 10 min.
6. In a separate bowl take 1 Tablespoon Eno and add some water to activate it. Mix it to the batter.
7. Take a medium frying pan. Heat 2 Tablespoon Fortified Oil. Put the mix in a pan and make a thick layer. Cover the lid for 3-4 minutes on medium flame. Put a Tablespoon oil on it and turn over. Cover the lid and cook for 3-4 minutes or till the rice pancake turn golden brown. Serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	460 Kcal
Protein	9 g
Fat	12 g
Carbohydrate	160 g

Source: IFCT (2017)

Submitted by- Vijeta Singhari

APPAM

INGREDIENTS

- Boiled rice - 2 cup
- Dosa rice - 3 cup
- Urad dal - ¼ cup
- Fenugreek seeds - 1 tsp
- Rice flour - 1 tbsp
- Water - 2 cups
- Salt -1 tsp

Serves
10-12

INSTRUCTIONS

1. Soak all the rice, dal and fenugreek seeds separately for about 8 hours.
2. Grind the fenugreek seeds in a wet grinder to a very fine paste. Then add boiled rice and grind.
3. Add the dosa rice and grind to fine paste.
4. Make a slurry with rice flour and water and cook it till it boils. Let it cool and then add to the batter.
5. Mix well and allow to ferment the batter overnight or for 8 hour.
6. Add salt to the batter, mix well and add a little water to make the batter of the pouring consistency.
7. Heat an appam pan, add a ladle full of batter and spread by moving the pan in a circular motion.
8. Cover and cook for a couple of minutes and add 1/2tsp of oil and remove from the pan.
9. Serve with coconut chutney.

NUTRITIVE VALUE

(Per serving)

Energy	370 Kcal
Protein	9 g
Fat	6 g
Carbohydrate	80 g

Source: IFCT (2017)



Submitted by- Dr. Sheetal Gupta



Gehun ki Healthy Khichdi	69
Red Chulai Dalia in coconut tofu	71
Wheat Dosa	73
Dal Main Ka Dulha	75
Moringa Thepla	77



GEHUN KI KHICHDI

INGREDIENTS

- Whole wheat (gehun)- 1 cup , soaked overnight
- Yellow moong dal - ¼ cup
- Tomato - 1
- Ginger - 1 piece
- Ghee - 1 teaspoon
- Cumin seeds (jeera) - ¼ teaspoon
- Turmeric powder - ¼ teaspoon
- Peas - 1 cup
- Green chillies - 2 slit pieces
- Asafoetida (hing) - ¼ teaspoon
- Salt to taste

Accompaniment

- Low fat curd

Serves
2

INSTRUCTIONS

1. Clean, wash and soak the wheat in enough water in a deep bowl overnight. Drain well.
2. Grind the wheat to a coarse paste in a mixer without using any water. Keep aside.
3. Clean wash and soak the moong dal in enough water in a deep bowl for 2 hours. Drain and keep aside.
4. Heat the ghee in a pressure cooker and add the cumin seeds, green chillies and asafoetida.
5. When the seeds crackle, add finely chopped tomatoes, ginger, peas or any vegetables of your choice. Fry till it cooks a little.
6. Add the ground wheat and moong dal and sauté on a medium flame for a few seconds.
7. Add 3 and half cups of hot water, salt and turmeric powder, mix well and pressure cook for 6 whistles.
8. Allow the steam to escape before opening the lid and mix well.
9. Serve immediately with low fat curds.

NUTRITIVE VALUE

(Per serving)

Energy	500 Kcal
Protein	24 g
Fat	6 g
Carbohydrate	85 g

Source: IFCT (2017)



Submitted by- Shilpi Agrawal

RED CHAULAI DALIYA IN COCONUT TOFU STEW

INGREDIENTS

- Red chaulai (amaranth) - 250 gms
- Dalia (boiled) - 1 cup
- Onion - 2 spring onion or ¼ th onion chopped
- Garlic - 2/ 3 cloves chopped
- Tomato - 1 medium , chopped
- Bhuna jeera - 1 teaspoon
- Dhania - 1 teaspoon
- Ghee / oil - 1 teaspoon
- Garam masala - ¼ teaspoon
- Ginger chopped - 1 inch
- Coconut - ½ ripe , (pureed like a chutney with little water)
- Salt to taste

Serves
3

INSTRUCTIONS

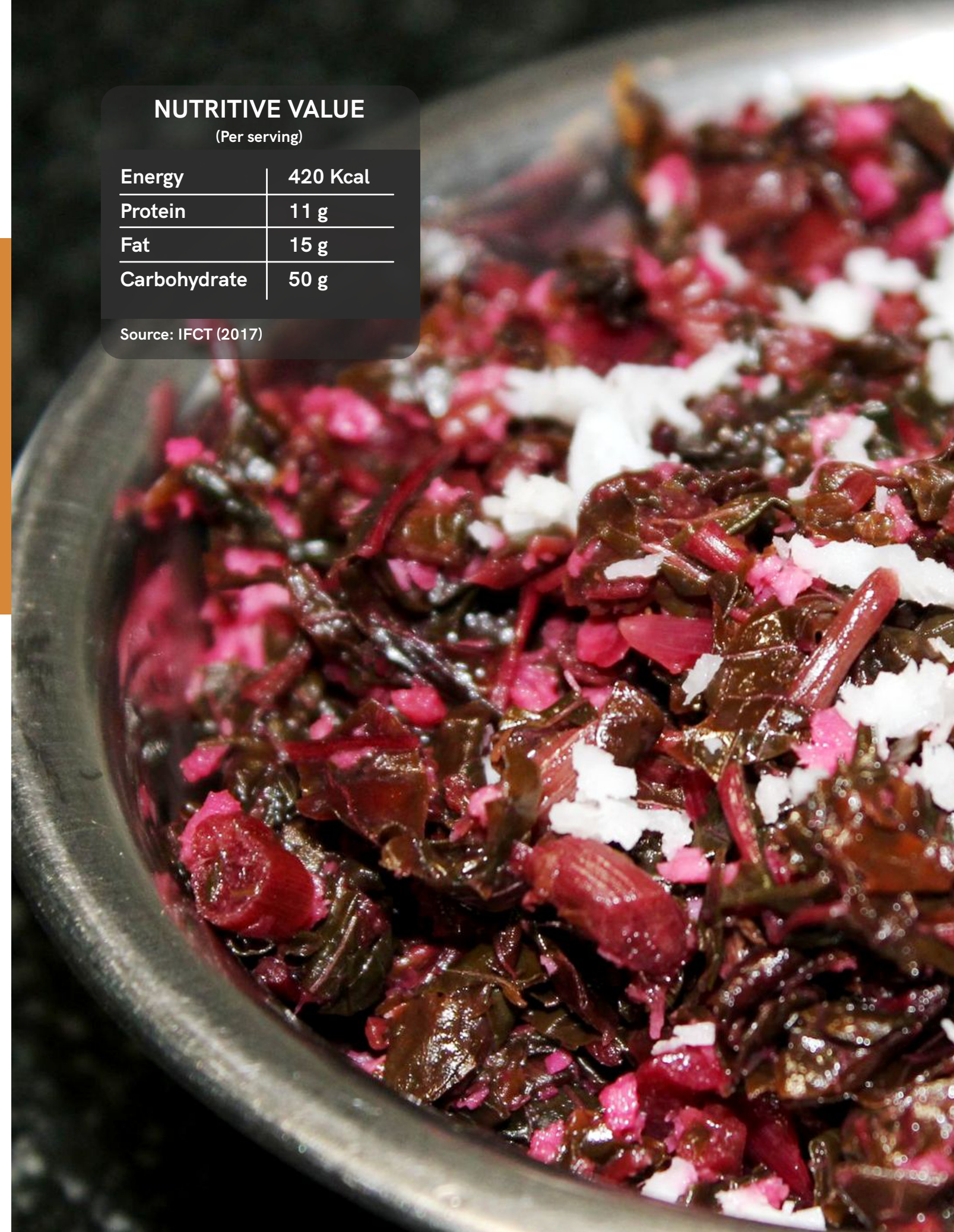
1. In a deep bottom pan heat oil and add onion, garlic and ginger.
2. Saute till brown & then add tomatoes.
3. Once tender, add the chaulai, cover and cook for 5 minutes.
4. Add all the masala & coconut puree and again cook for another 3-4 minutes.
5. In the end, add the boiled dalia & ½ cup water, salt to taste & give a boil to make a thick stew.

NUTRITIVE VALUE

(Per serving)

Energy	420 Kcal
Protein	11 g
Fat	15 g
Carbohydrate	50 g

Source: IFCT (2017)



Submitted by- Inoshi Sharma

WHEAT DOSA

INGREDIENTS

- Wheat flour - 1 cup
- Onion- 1 medium size chopped
- Green chilli - 4 chopped
- Pepper - 10
- Curry leaves- few
- Coriander leaves- few
- Salt to taste
- Water to make batter
- Oil to make dosa



INSTRUCTIONS

1. In a bowl add wheat flour and salt add water to it mix thoroughly without lumps, to a batter.
2. To this mixture add chopped onion, green chilli, pepper, curry leaves and coriander.
3. Take a pan and turn on heat to medium high, once heated add some oil to the pan and spread it.
4. Take a ladle full of batter and pour it on the pan and spread the batter in a circular motion.
5. Let the dosa cook for 2-3 minutes or until slightly golden. Flip the dosa and cook for another 2 minutes. Take the dosa off the pan and serve on a plate.
6. Serve hot with Coconut chutney or tomato chutney for idli podi.

NUTRITIVE VALUE

(Per serving)

Energy	370 Kcal
Protein	11 g
Fat	6 g
Carbohydrate	70 g

Source: IFCT (2017)



DAL MAIN KA DULHA

INGREDIENTS

- For Dal: 2 cups Arhar Dal
- Water- for gravy
- Salt- as per taste
- Turmeric powder - ½ teaspoon
- Tomato - 1
- Garlic cloves - 9
- Onion- 1
- Oil- 2 teaspoon
- Water- to knead dough
- Cumin seeds - ½ teaspoon
- Black Mustard seeds - ½ teaspoon

For Dough:

- Wheat flour- 1 cup
- Salt a pinch
- Cumin seeds - 1 teaspoon
- Red chilli powder- ½ teaspoon

Serves
5

INSTRUCTIONS

1. Soak arhar dal in water for an hour.
2. In a pan add arhar dal, water, salt, turmeric powder and stir to cook
3. For dulha, take multi grain /fortified wheat flour in a bowl, add salt, cumin seeds, water and knead into a tight dough, rest dough for some time.
4. Make small balls of the dough.
5. Press the ball to give it a round shape and make it into 4 inch diameter using your fingers.
6. Gently hold the flattened dough from both hands, pinch them on the side and bring it inwards, repeat the process on the other two sides.
7. Poach dulha in the dal. Let it cook till done.
8. For tadka heat oil in a pan, add cumin seeds, black mustard seeds and curry leaves
9. Add chopped tomato, chopped garlic cloves, chopped onion, chopped coriander and saute.
10. Add dal and dulha in the tadka and let it boil.
11. Serve it hot.

NUTRITIVE VALUE

(Per serving)

Energy	450 Kcal
Protein	21 g
Fat	7 g
Carbohydrate	70 g

Source: IFCT (2017)

MORINGA THEPLA

INGREDIENTS

- Moringa leaves - 1 cup
- Whole wheat flour - 1 cup
- Besan (gram flour or chickpea flour) - ¼ cup
- Pearl millet flour (bajra flour) - ¼ cup
- ¼ cup sorghum flour (jowar flour).
- (You can skip millet flours if it is not available; and instead, just add 1.25 cups whole wheat flour and ½ cup besan)
- Red chili powder- ½ teaspoon
- Oil - 1 Tablespoon
- Cumin powder - ½ teaspoon
- Coriander powder - ½ teaspoon
- Turmeric powder - ½ teaspoon
- Salt - ¾ teaspoon (or as required),
- Ginger + Green chillies - ½ inch ginger + 1 or 2 green chillies crushed or about 1 to 1½ teaspoon ginger+green chilli paste
- Yoghurt/curd - 4-5 teaspoon

Serves
4

INSTRUCTIONS

1. Rinse 1 cup moringa leaves thoroughly in water. Then pat them dry with a cloth and chop finely.
2. In a bowl, take whole wheat flour, besan (gram flour or chickpea flour), pearl millet flour (bajra flour) and sorghum flour (jowar flour). I have used millets flours but one can skip them if not available. In this case, just add 1¼ cups whole wheat flour and ½ cup besan. Then add spices- red chili powder, turmeric powder, cumin powder, coriander powder, oil & salt as required.
3. Add ginger & green chillies crushed or its paste to the mix, and add chopped moringa leaves & mix well.
4. Add 4-5 spoons of yogurt/curd and knead the dough without any water. Once combined, add yogurt/curd as required till dough becomes well-mixed and soft.
5. Make medium sized balls from the dough, sprinkle one with some wheat flour and roll it with a rolling pin to make thin round theplas.
6. Put the thepla on a pan or skillet or tava and cook on medium flame with a little oil till both sides are well cooked.
7. Serve hot with pickle or store it at normal temperature in a cool, dry place to be consumed till a few days later.



NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	14 g
Fat	7 g
Carbohydrate	55 g

Source: IFCT (2017)

MILLETS BASED

(Ragi/Jowar/Kuttu/Chaulai)



Ragi Taco

81

Sprouted Multi Millet Upma

83

Millet and Grain Dosa

87

Eclipse Millet Cake

89

Multigrain Dumplings (Shengole)

91



RAGI TACO

INGREDIENTS

- Ragi flour- ½ cup
- Wheat flour- ½ cup
- Water as needed
- Oregano/Italian seasoning mix
- Paneer- 150gms
- Onion- 1-2 onions
- Garlic- 5-6 cloves
- Tomato- 1-2
- Capsicum- ½
- Beans-8-10 beans
- Salt as per taste
- Black pepper
- Tomato ketchup/ pizza sauce- 2 Tablespoon

Serves
3

INSTRUCTIONS

1. Make dough with the help of ragi flour, wheat flour and water in the way dough is made for normal chapatis.
2. Oregano/ italian mix may be added while making dough itself. Let it rest for half an hour.
3. For filling: Heat two tablespoons of cooking oil in a pan. Add chopped garlic, saute it. Add chopped onions , chopped tomato, capsicum and beans.
4. Saute for 3-4 minutes. Now add paneer and sauté for 3-5 minutes.
5. Add seasonings like black pepper, oregano, and salt. Keep the filling aside.
6. Roll out chapatis from the dough and cook it on tawa like normal chapati on both the sides.
7. On the ragi chapati spread a thin layer of pizza sauce/ ketchup and put 1 or 2 tablespoons of the filling on it.
8. Now fold the chapati into half like a taco.
9. Serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	364 Kcal
Protein	16 g
Fat	9 g
Carbohydrate	53 g

Source: IFCT (2017)

SPROUTED MULTI MILLET UPMA

INGREDIENTS (Sprouted Multi Millet Mix)

- Finger millet - 200 gms
- Pearl millet - 200 gms
- Red rice - 100 gms
- Wheat .- 100 gms
- Jowar -100 gms
- Green gram - 200 gms
- Soyabeans -100 gms
- Corn - 100 gms
- Foxtail millet - 50 gms
- Horse gram - 50 gms
- Sago - 50 gms
- Barley -50 gms
- Chickpeas - 50 gms
- Black gram - 50 gms
- Flax seeds - 50 gms
- Roasted Bengal gram - 100 gms
- Almonds -10 gms
- Cashew nut - 10 gms
- Cardamom - 5 gms
- Peanuts - 50 gms

Multi Millet Puttu-

- Sprouted multi-millet mix - 500 gms
- Grated Coconut - 100 gms
- Salt to taste
- Water as required

INGREDIENTS (Sprouted Multi Millet Mix)

Multi Millet Puttu-

- Sprouted multi-millet mix - 500 gms
- Grated Coconut - 100 gms
- Salt to taste
- Water as required
- Multi Millet Upma-
- Cooked Multi millet puttu - 500 gms
- Chopped Onion -100 gms
- Finely chopped carrot - 50 gms
- Finely chopped beans - 50 gms
- Finely chopped green chillies - 50 gms
- Oil - 2 teaspoons
- Mustard seeds - 5 gms
- Salt to taste

Serves
15

NUTRITIVE VALUE

(Per serving)

Energy	358 Kcal
Protein	16 g
Fat	7 g
Carbohydrate	56 g

Source: IFCT (2017) and Food data central, USDA



Submitted by- S. Supriya

INSTRUCTIONS

1. Wash the grains well in water and soak overnight and drain the water. Germinate the grains(finger millet, pearl millet, wheat, jowar, green gram, soya beans, corn, foxtail millet, horse gram, barley, chickpeas).
2. After adequate germination of the grains, roast it in a medium to low flame and keep stirring constantly

to avoid burning.

3. Spread the roasted grains in a wide plate and allow it to cool. Once it cools, grind the sprouted roasted grain, roasted Bengal gram, almonds, flax seeds, cardamom, peanut, cashew nut together and store it in airtight containers for further use.

INSTRUCTIONS

Preparation of sprouted multi millet puttu:

1. Dry roast Sprouted multi-millet mix for 3 to 5 minutes in low flame, cool down completely and transfer to a bowl, add required salt and mix well.
2. Add water little by little and keep mixing. When you take and hold the flour tight it should form a shape and when you crumble it, it should fall apart easily. That is the perfect consistency.

Preparation of multi millet upma:

1. Heat the oil in a pan. Splutter mustard seeds.
2. Add finely chopped onions and green chillies and sauté it for a while. Add chopped carrot and

beans, fry for 2 to 3 minutes in medium flame.

3. Add shredded cooked puttu and mix well. Cover the pan and cook for 1 to 2 minutes in low flame. Serve hot.



MILLET AND GRAIN DOSA

INGREDIENTS

- Ragi- 50g
- Jowar-50g
- Bajra- 50g
- Urad Dal- 30g
- Chana Dal - 30g
- Moong Dal- 30g
- Rice- 100g
- Water as required
- Salt as per taste

Serves
4

INSTRUCTIONS

1. Soak all the above mentioned Ingredients for about 8 hours.
2. Clean them properly and blend them adding water when required till it has smooth consistency.
3. Keep the prepared batter to ferment for about 4 hours.
4. After the batter is fermented add salt as required and give a quick mix

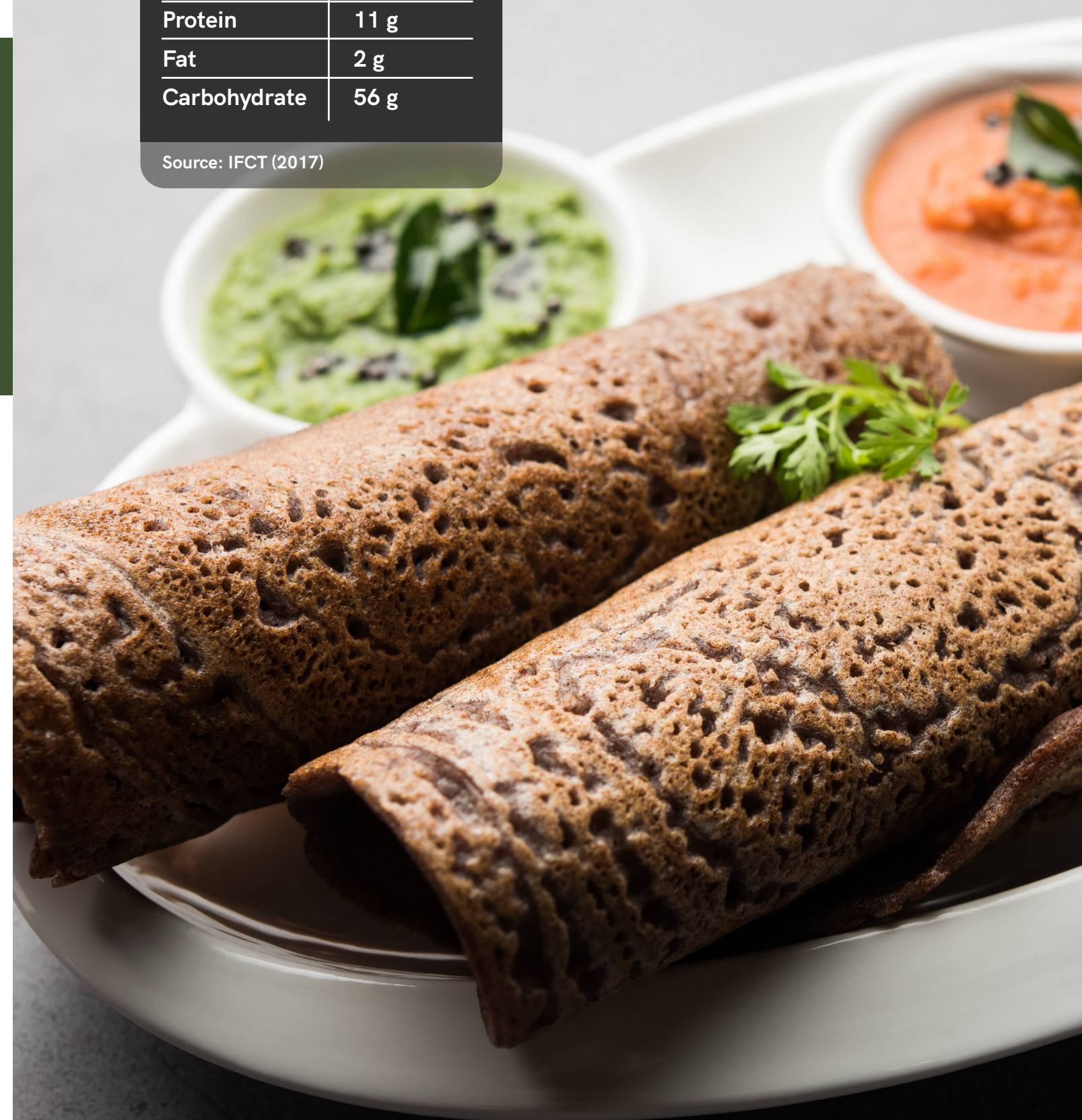
and make dosa as required and serve with sambar and peanut Chutney.

NUTRITIVE VALUE

(Per serving)

Energy	286 Kcal
Protein	11 g
Fat	2 g
Carbohydrate	56 g

Source: IFCT (2017)



ECLIPSE CAKE (MILLET CAKE)

INGREDIENTS

- Ragi Flour - 250gm
- Cocoa powder- 100gm
- Baking powder- 1 Tablespoon
- Baking soda- ½ spoon
- Salt- ¼ teaspoon
- Jaggery - 4 Tablespoons
- Milk- ½ glass
- Oil- 1 Tablespoon
- Cherries - 5 cherries
- Orange Zest - for decoration
- Nuts - for decoration

Serves
5

INSTRUCTIONS

1. Mix all the dry Ingredients like ragi flour, Cocoa powder, jaggery, baking powder, baking soda and salt together.
2. In a separate bowl mix the wet ingredients like milk and oil.
3. Mix all the dry ingredients and wet ingredients together and prepare a cake batter.
4. Pre- heat the oven at 180°C or pre-heat the pressure cooker for about 15 minutes.
5. Grease a pan or cake container with oil and dust with ragi flour evenly and pour the batter and cook the

cake in pre - pre-heated oven or pressure cooker for 40-45 minutes at 180°C.

6. Let the oven or cooker cool down and remove the cake onto a plane surface of plate.
7. Cut the cake into two halves into moon shape one is full moon one half moon and decorate with orange zest and nuts and cherries.

Note: when cooking in pressure cooker please do remove the gasket from the lid and keep the lid backside on cooker.

NUTRITIVE VALUE

(Per serving)

Energy	306 Kcal
Protein	8 g
Fat	6 g
Carbohydrate	53 g

Source: IFCT (2017) and Food label



MULTIGRAIN DUMPLINGS (SHENGOLE)

INGREDIENTS

- Horse Gram (kulthil) flour - 1 cup
- Pearl Millet grains flour - 1 cup
- Sorghum Flour - 1 cup
- Whole Wheat Flour - 1 cup
- Flaxseed - 25 gms
- Cumin - 10 gms
- Garlic cloves - 5-6 , finely chopped
- Red Chilli Powder - 10 gms
- Turmeric Powder - 10 gms
- Safflower Oil - ½ Tablespoon
- Coriander Leaves - as per requirement
- Dried Mango Leaves As per taste
- Water - as per requirement

Serves
9

INSTRUCTIONS

For Dumplings

1. To begin making shengole, mix together all the flours : horse gram (Kulthi) flour, pearl millet grains flour, sorghum flour and whole wheat flour (Keep a pinch aside for soupdough).
2. Add Turmeric Powder, half of the garlic, half of the Chilli powder, a tablespoon oil, and Amchur in a Mixing bowl.
3. Add warm water to make a stiff, pliable dough. Knead the dough well.
4. Make log shaped dumplings from the dough. Cover and keep aside.
5. In a pan/kadai, dry heat cumin seed and flax seeds for 2 minutes then add water.
6. Add the rest of the garlic and chilli powder. Add about 1-½ cups water and bring it to a boil. Drop the dumplings one by one in the boiling water. Cook covered for about 4-6 minutes or till the dumplings are partially cooked .

NUTRITIVE VALUE

(Per serving)

Energy	306 Kcal
Protein	8 g
Fat	6 g
Carbohydrate	53 g

Source: IFCT (2017) and Food label



Submitted by- Amol Rajendra Jagtap

INSTRUCTIONS

For Soupdough

- 1. Make a mix of flours, water, chilli, garlic, turmeric and Amchur powder.
- 2. Mix it in warm water to make soupy premix.
- 3. Form a semi solid slurry and add it to pre cooked dumplings. (from step 1).
- 4. Cook it for 3-4 Minutes.
- 5. Mutigrain Dumplings (Shengole) are ready. Garnish it with coriander and serve.



NUTRITIVE VALUE
(Per serving)

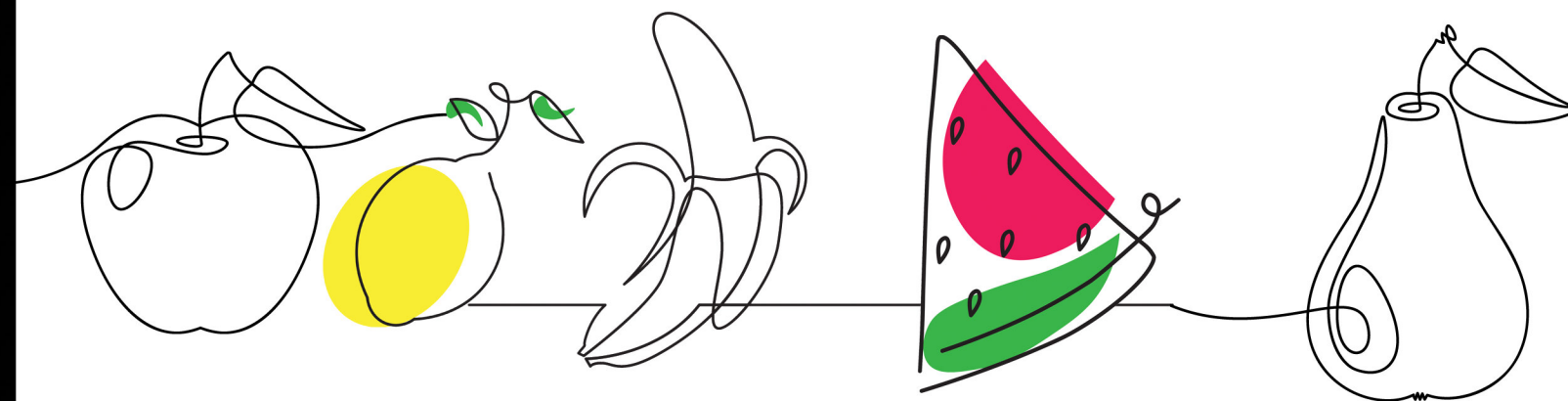
Energy	306 Kcal
Protein	8 g
Fat	6 g
Carbohydrate	53 g

Source: IFCT (2017) and Food label

FRUITS BASED



Godamba (Mango Jam)	97
Dates Kheer	99
Dates Pickle	101
Fruity Nutty Porridge	103
Papaya Banana Smoothie	105



GODAMBA (MANGO JAM)

INGREDIENTS

- Raw mango - 1 medium sized
- Sugar - $\frac{3}{4}$ cup
- Cardamom powder - $\frac{1}{4}$ teaspoon
- Saffron strands - 7 to 8

Serves
3

INSTRUCTIONS

1. Wash, peel and grate raw mango. Use a medium fine grater.
2. Add sugar to grated mango and keep aside for 1 hour.
3. Add cardamom powder and saffron strands and heat this mixture in a saucepan stirring occasionally till it thickens or sugar syrup of two string consistency forms.
4. Let this mixture cool completely and store in an airtight container. You can store this for months.

Tip: Quantity of sugar depends upon the size and sourness of mango.

NUTRITIVE VALUE

(Per serving)

Energy	154 Kcal
Protein	0.3 g
Fat	0.3 g
Carbohydrate	37 g

Source: IFCT (2017)



Submitted by- Abhay Tangade

DATES KHEER

INGREDIENTS

- Coconut milk - 200 ml
- Cashew, raisins, almond - 5 pieces each
- Dates - 70 gms
- Jaggery - 30 gms
- Ghee - 3 teaspoon
- Cardamom powder - 1 teaspoon

Serves
2

INSTRUCTIONS

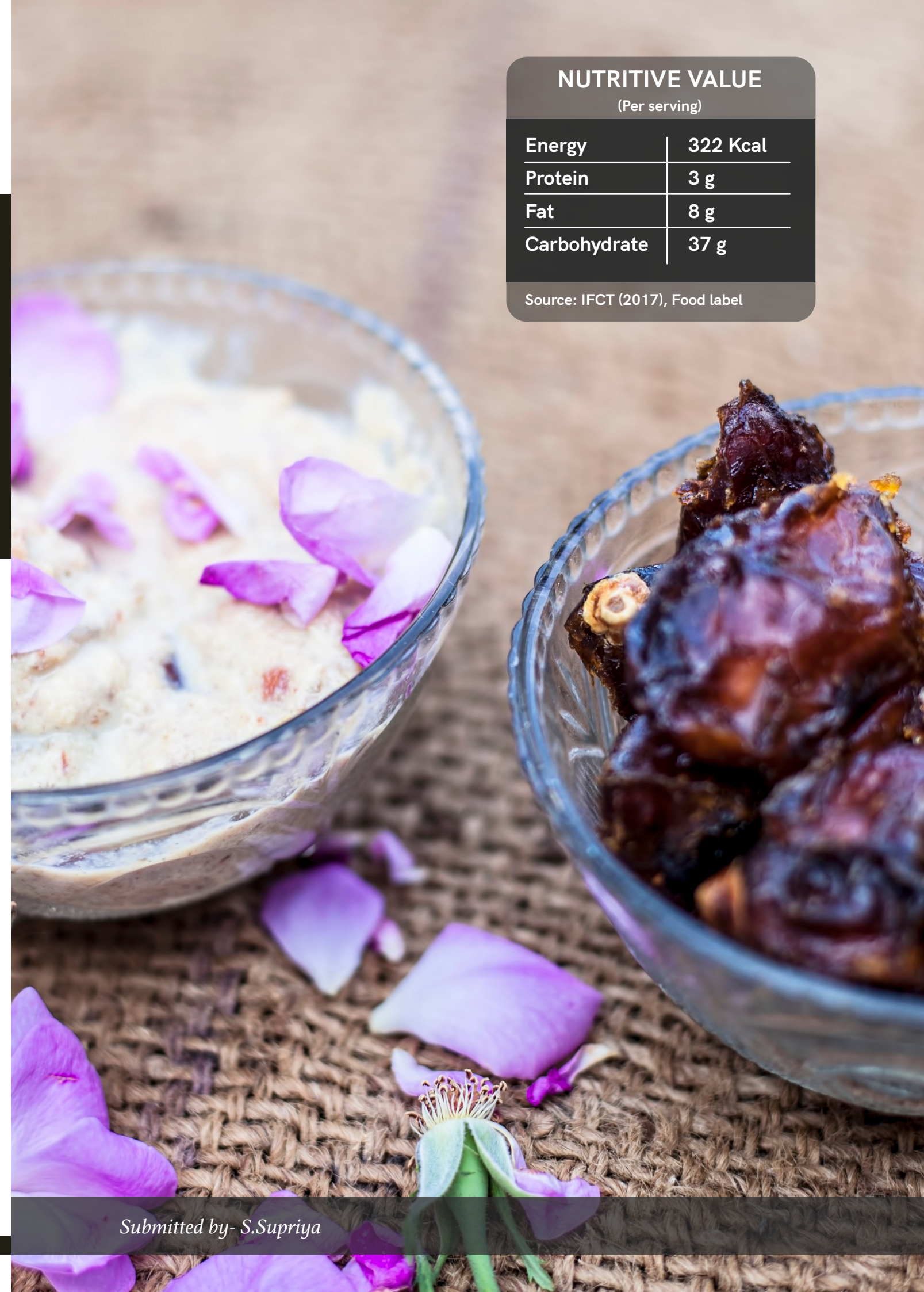
1. Cook soaked dates with ghee in a non-stick pan.
2. Once dates are cooked, add coconut milk and stir thoroughly.
3. Now add about jaggery and mix thoroughly until it dissolves completely.
4. Give the kheer a good boil for about 10-15 minutes and take it off heat.
5. Empty the kheer in a bowl.
6. Give a final touch with cardamom powder, roasted cashews and raisins.
7. Serve either hot or cold.

NUTRITIVE VALUE

(Per serving)

Energy	322 Kcal
Protein	3 g
Fat	8 g
Carbohydrate	37 g

Source: IFCT (2017), Food label



Submitted by- S.Supriya

DATES PICKLE

INGREDIENTS

- Oil- gingelly oil or sunflower oil - 3 Tablespoon
- Ginger-finely chopped - 3 Tablespoon
- Garlic- finely chopped - 3 tablespoon
- Curry leaves - 2 strips
- Green chilli chopped -1 tablespoon
- Turmeric powder - A pinch
- Jaggery - 50 g
- Salt - To taste
- Kashmiri chilli powder - 2 teaspoon
- Soft wet dates- seeds removed - 250 g
- Tamarind paste- medium thick - 1 tablespoon
- Water - 250 ml

Serves
6

INSTRUCTIONS

1. First take a kadhai and heat oil in it.
2. When the oil is hot add finely chopped ginger and garlic and sauté for 3-4 minutes in low flame.
3. Then add green chilli, curry leaves, turmeric powder, chilly powder and sauté for 30 seconds.
4. Then add soft wet dates and mix it well.
5. When the dates are half cooked, add tamarind paste, jaggery, salt and water. Boil well for 5 minutes after closing the kadhai with a lid.
6. When the required consistency is reached, switch off the flame and allow it to cool. When it cools it may become a bit thick.
7. The healthy dates pickle can be served with paranthas, curd rice, as a spread etc.
8. Jaggery , chilli powder amount can be increased or decreased as per taste.

NUTRITIVE VALUE

(Per serving)

Energy	231 Kcal
Protein	1.2 g
Fat	7.7 g
Carbohydrate	38.3 g

Source: IFCT (2017)



Submitted by- Dhanya.K.N.

FRUITY NUTTY PORRIDGE

INGREDIENTS

- Porridge - 1 cup (150gms)
- Water - 5 cups (750ml)
- Jaggery - 70gms
- Pure desi ghee - 2 teaspoon
- Milk (as required)
- Apple - 1
- Banana - 1
- Pomegranate - 1
- Almond - 7-8
- Walnut - 7-8
- Pumpkin seeds - 1 Tablespoon
- Melon seeds - 1 Tablespoon

Serves
5

INSTRUCTIONS

1. Take porridge and roast slightly in pure desi ghee in a pressure cooker.
2. Add water and jaggery.
3. Pressure cook the contents (after one whistle immediately simmer the gas, then after 3-4 min switch off the gas).
4. Empty the porridge in a separate bowl and let it cool slightly.
5. Add pieces of apple, banana, pomegranate, almond and walnut to the porridge.
6. Sprinkle with pumpkin and melon seeds.
7. Add milk (hot or cold) as per requirement.
8. Mix and serve.

NUTRITIVE VALUE

(Per serving)

Energy	316 Kcal
Protein	7 g
Fat	11 g
Carbohydrate	46 g

Source: IFCT (2017), Food label



Submitted by- Kanika Aggarwal

PAPAYA BANANA SMOOTHIE

INGREDIENTS

- Papaya - 1 cup , cubed
- Banana - 1 small
- Protein powder - 1 scoop
- Raw cacao - 1 teaspoon
- Almond or any nut milk - 1 cup

Serves
2

INSTRUCTIONS

1. Chop the papaya and banana together. smoothie has a smooth consistency.
2. Add all the ingredients in the blender and blend it immediately till all ingredients are mixed well and the
3. Add sweetener of choice to suit your taste buds!

NUTRITIVE VALUE

(Per serving)

Energy	112 Kcal
Protein	8 g
Fat	2 g
Carbohydrate	14 g

Source: IFCT (2017), Food label

Submitted by- Inoshi Sharma



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