



NUTRITIOUS
local
CUISINE
FROM MADHYA PRADESH

Healthy recipes for important life phases



german
cooperation

DEUTSCHE ZUSAMMENARBEIT

Implemented by

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Published by

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH,
Food and Nutrition Security, Enhanced Resilience (FaNS) Project

Registered offices

Bonn and Eschborn, Germany

Address

Food and Nutrition Security, Enhanced Resilience (FaNS) Project
A 2/18, 4th Floor, Safdarjung Enclave
New Delhi – 110029, India

E sancharwcd@gmail.com, neha.khara@giz.de

Author

Supervisors, Department of Women and Child Development (DWCD),
Govt. of Madhya Pradesh

Design and Layout

Akshaya Elizabeth Zachariah

On behalf of the

German Federal Ministry for Economic Cooperation and Development (BMZ)

DWCD and GIZ are responsible for the content of this publication

Copyright © 2019 Inc. All rights reserved

Anupam Rajan
I.A.S.
Principal Secretary



D.O. No. 5063

Government of Madhya Pradesh
Department of Women & Child Development
Mantralaya Vallabh Bhawan-III, 4th Floor,
F-Wing, Room No. F-409, Bhopal-462004
Phone : (Off.) 91-0755-2708829
E-mail : pswcd@mp.gov.in

Date : 18/10/2019

Message

Nutrition plays an important role in human life. Adequate balanced diet is essential not only for healthy body but for healthy mind as well. Nature has provided us various food items according to the seasons and climate. There is need to understand the utility and importance of these local food diversity and incorporate them in the nutritional needs of our daily life.

In order to increase awareness towards the various food items available in Madhya Pradesh, the department has compiled local nutritious food recipes through competition from all the districts. Out of these, 30 nutritious recipes have been selected to develop this recipe booklet. I am hopeful that departmental functionaries and community will find this booklet very useful.

A handwritten signature in black ink, appearing to read 'Anupam Rajan'.

(Anupam Rajan)



Implemented by



The German Federal Ministry for Economic Cooperation and Development (BMZ) launched the special initiative “One World-No Hunger” in 2014 to make a significant contribution in the reduction of hunger and malnutrition across the globe. The objective of its global programme “Food and Nutrition Security, Enhanced Resilience” is to improve the food and nutrition situation of women of reproductive age and small children below two years of age in 12 countries in Africa and Asia through a food-based and multi-sectoral approach.

In India, the Food and Nutrition Security, Enhanced Resilience Project of Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH in collaboration with the Department of Women and Child Development (DWCD), Government of Madhya Pradesh, is working towards increasing the dietary diversity of women and small children of vulnerable rural communities in the state of Madhya Pradesh.

One important step is the identification of locally available food and recipes which can be enhanced nutritionally. Jointly with district officials of the Department of Women and Child Development and nutrition experts, we have identified, selected and tested these local nutritionally enriched recipes which can improve the nutrition situation of women and children. The nutritive value of each recipe was calculated using the Indian Food Composition Tables 2017 by the National Institute of Nutrition, which was validated by Food and Nutrition Board, Madhya Pradesh.

We are happy to present 30 selected recipes in this booklet which are specific to three important life stages: adolescent girls, pregnant/lactating women and children under six years of age. Hence, the booklet is divided into three sections providing ten recipes for each important life stage.

We hope that you will enjoy reading and cooking the recipes and that you will also enjoy learning about the richness and potential of the local cuisine of Madhya Pradesh to improve the nutrition situation of its rural communities.

We would like to thank everyone who was involved in the development of this recipe booklet.

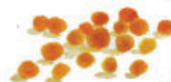


(Gerrit Qualitz)
Project Director
Food and Nutrition Security,
Enhanced Resilience Project (FaNS)
Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH

CONTENTS



No.	Recipe Name	Page
1	Mixed Sprout Salad	1
2	Paranthas & Chutney	3
3	Guava Chutney	5
4	Drumstick Curry	7
5	Amaranth with Mung Dal	9
6	Chickpea Leaves Curry	11
7	Raw Mangoes Chutney	13
8	Dal Bafra	15
9	Bottle Gourd-Carrot Soup	18
10	Sago Khichdi with Amaranth Curry	20
11	Maheri / Pearl Millet Porridge	23
12	Dried Ginger Sweetballs	25
13	Drumstick Pulao	28
14	Drumstick Leaf Chivda	30
15	Fenugreek Seeds Chutney	32





No.	Recipe Name	Page
16	Tangy Cooling Raw Mango Sherbet	34
17	Boondi Raita	36
18	Pearl Millet Patties	38
19	Drumstick Soup	40
20	Multigrain Multi-Purpose Khichda	42
21	Indori Poha	44
22	Multigrain Vegetable Pancakes	46
23	Porridge with Buttermilk	48
24	Dhokla	50
25	Coconut Cutlets	52
26	Wheat Flour Halwa	54
27	Curd Potato Curry	56
28	Sorghum Flour Snack	58
29	Nutritious Sweet Balls	60
30	Carrot Pudding	62



Abbreviation Table:

milligram - mg	teaspoon - tsp
gram - g	minutes - min
tablespoon - tbsp	hours - hrs







RECIPES FOR ADOLESCENT GIRLS

1) MIXED SPROUT SALAD

Sprouted grains and pulses are an important source of iron, Vitamin C and B-complex and can be beneficial for anaemic children, adolescents and women. To make them more palatable, sprouts can be mixed with tangy spices and chutneys to make savoury snacks like 'chaat'.

Serving: 2 persons

Preparation Time: 15 min

Cooking Time: 15 min

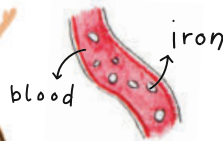
Ingredients

- 1 cup of whole green gram/mung
- 1 small cucumber
- 1 tomato
- 1 onion
- 2 small potatoes



Enrich your recipe:

Tamarind chutney & lemon which are rich in Vitamin C help in absorption of iron.



- Tamarind chutney, lemon, chaat masala
- coriander leaves
- ½ tsp black pepper powder
- salt as per taste



Preparation

- 1 Clean the green gram (mung), wash & soak for 6-8 hrs.



- 2 Chop the onion, tomato, cucumber finely.



- 3 Tie soaked green gram in a clean moist cloth for another 8 hrs for sprouting.

- 4 Boil tamarind and strain. Then add jaggery & salt and cook to make the chutney.



- 5 Boil potatoes and peel them.



Method

- 1 In a bowl mix the sprouted green gram or mung and all the chopped vegetables.



- 2 Add black pepper powder & salt as per taste.



- 3 Garnish with coriander leaves & serve.



Nutritive Value

Per person

Caloric	243.5
Protein (g)	14.5
Fat (g)	1.2
Carbohydrate (g)	41.6
Calcium (mg)	55.0
Iron (mg)	3.1
Vitamin A (mcg)	517.7

Tips/precautions

A sprout chat can also be made with whole black gram (urad), whole moth bean (moth), bengal gram (chana).

Wash all the vegetables and let the water drain.

2) PARANTHAS & CHUTNEY

Paranthas are a kind of roti or bread which is a favourite in Indian homes. A variety of preparations are made of paranthas.

Serving: 4 pieces

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

For Parantha:

- 200 g of wheat flour
- 50 g chickpea flour
- 15 g soybean
- 250 g spinach, methi leaves (fenugreek leaves), coriander leaves, Bengal gram, bathua (a leafy vegetable), assorted green leafy vegetable, carrots and radish
- 30 ml cooking oil or ghee



Enrich your recipe:

Add Soyabean while making dough more protein.
Green leafy vegetables- increases iron and vital vitamins.
Eating parantha with chutney increases Vitamin C, helps in iron absorption.



For Chutney:

- 1 tsp of sesame seeds (til)
- 25 g jaggery
- 10 g groundnut seeds
- 50 g of powdered chana dal (Bengal gram)
- 50 g curd
- ginger, green chillies and coriander leaves

Preparation

- 1 Wash the vegetables, chop them fine and let the water drain out.
- 2 Roast ground nuts and grind them into a course powder.

Method

We are making two dishes in this recipe—paranthas and chutney.

Making the paranthas

- 1 Mix wheat flour, chickpea flour and soybean flour.



Add all the chopped vegetables.



- 2 Add salt as per taste & knead the mixture with some water & leave for 10 min.

- 3 Make small balls from the dough, smear oil & roll out one parantha at a time.

- 4 Roast the paranthas on the hot iron plate or skillet.

Making the chutney

- 1 Mix Bengal gram powder & groundnut powder in the curd.

- 2 Add ginger, green chilies and coriander leaves to this mixture.

- 3 Add salt to taste & grind in a mixer. The chutney is ready.



- 4 Serve hot paranthas with chutney.

Nutritive Value

per person

Calorie	214.8
Protein (g)	9.3
Fat (g)	6.5
Carbohydrate (g)	28.6
Calcium (mg)	88.1
Iron (mg)	3.8
Vitamin A (mcg)	1645.8

Tips/precautions

All vegetables should be thoroughly washed.

Whilst mixing the vegetables into the wheat flour ensure that there are no caterpillar, larvae or insects.

Roast the paranthas on a medium flame so that they are crispy but not too hard.

3) GUAVA CHUTNEY

Guava is rich in Vitamin C & easily available. It is preserved in many ways such as jams, chutneys, sweets, and drinks.

Serving: 6 persons

Preparation Time: 15 min

Cooking Time: 25 min

Ingredients

- 1 green chilli



- ½ cup chopped coriander leaves

- 1 lemon



- an inch of ginger



- 5-6 pepper corns



- 2 ripe guavas



- 1 tsp roasted cumin seeds (jeera)



- salt as per taste (rock salt would be preferable)



Enrich your recipe:

Using guava instead of tomato or other common ingredients can provide more Vitamin C, antioxidants rich.



Preparation

- 1 Wash two ripe guavas, wipe them, cut into small pieces and remove the seeds.



- 2 Wash and chop the green chilli, coriander leaves and ginger finely.

Method

Grind the guava, green chilli, coriander leaves, salt, pepper corns, roasted cumin seeds, ginger, lemon juice along with a cup of water until you get a smooth paste.

Empty into a bowl and serve.



Tips/precautions

The guavas should not be over-ripe.

The green chilli and coriander leaves should be clean.



Nutritive Value

per person

Calorie	10.1
Protein (g)	0.6
Fat (g)	0.2
Carbohydrate (g)	1.3
Calcium (mg)	17.6
Iron (mg)	0.6
Vitamin A (mcg)	407.4

4) DRUMSTICK CURRY

The drumstick tree is a very nutritious plant including its flowers, fruit and leaves. They are a rich source of Vitamin A, C, iron etc.

Serving: 4 persons

Preparation Time: 15 min

Cooking Time: 35 min

Ingredients

• 8 to 10 medium sized drumsticks

• 2-3 potatoes

• 10 pods of garlic

• one inch piece of ginger

• 4-5 green chilies

• 2 tbsp coriander leaves

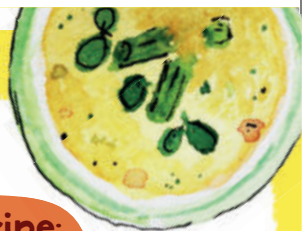
• ½ tsp coriander powder

• 1 tsp turmeric powder



Enrich your recipe:

Adding drumstick leaves/pods extensively increase its iron and Vitamin A, C content.



Preparation

- 1 Wash drumsticks & cut into 1 inch pieces.
- 2 Wash and chop green chilies & coriander leaves.



- 3 Crush the garlic pods.
- 4 Boil & chop the potatoes.
- 5 Prepare a paste of mustard seeds with a little water in a pestle & mortar.



Method

- 1 Heat oil in a pan & add cumin seeds & chopped potatoes & sauté for 5 min.
- 2 Add chopped drumsticks & sauté until they turn golden brown.



- 3 Add all the spices, tomatoes, chilies, garlic, ginger and sauté for 5 min.

- 4 Add the paste of mustard seeds and 1 ½ cups of water.
- 5 Cover the pan and cook on a medium flame until the drumsticks & potatoes are cooked.

- 6 Garnish with freshly chopped coriander and serve with rice or chapati.



Nutritive Value

Per person

Calorie	47.3
Protein (g)	1.2
Fat (g)	2.8
Carbohydrate (g)	3.9
Calcium (mg)	14.6
Iron (mg)	0.5
Vitamin A (mcg)	528.0

Tips/precautions

The drumsticks should not be too thick.

Cook on a medium flame so that the vegetables don't lose their nutrient value.

5) AMARANTH WITH MUNG DAL

Amaranth is a nutritious green leafy vegetable which can help to treat vitamin deficiencies. Amaranth or Chaulai Saag is also known as red spinach, red leafy vegetable (Laal Saag), or rajgira saag.

Serving: 4 persons

Preparation Time: 10 min

Cooking Time: 15 min

Ingredients

- 250 g of amaranth leaves
- 100 g of green gram or mung dal

- 2 tomatoes



- 2 green chilies

- one inch piece of ginger



- 1 tbsp of coriander leaves

Enrich your recipe:

Amaranth leaves are rich in iron & vital vitamins



- 2 tbsp of ghee

- a pinch of asafoetida

- ½ tsp cumin seeds

- ¼ tsp of red chili powder

- salt to taste



Preparation

- 1 Remove all the thick stems and any other grasses.
- 2 Wash amaranth leaves 3-4 times and let the water drain.
- 3 Wash all other vegetables and chop finely.
- 4 Soak the mung dal for twenty min. in water.



Method

- 1 Pressure cook amaranth leaves, mung dal, salt, ghee with two glasses of water for two whistles so that the dal is well cooked.
- 2 Season with asafoetida & cumin seeds.
- 3 Check consistency of the dal and accordingly add water to the masala to make it thin or thick.
- 4 Add the cooked masalas to the dal and cook for another 5 min.
- 5 Garnish with finely chopped coriander leaves and serve with chapattis, paranthas, naan or rice.



Nutritive Value

per person

Calorie	181.4
Protein (g)	9.0
Fat (g)	8.5
Carbohydrate (g)	16.2
Calcium (mg)	171.9
Iron (mg)	5.8
Vitamin A (mcg)	5837.4

Tips/precautions

Clean amaranth leaves well to remove other grasses and weeds.

Do not cook for more than two whistles of the pressure cooker as the leaves would totally merge into the dal.

6) CHICKPEA LEAVES CURRY

Fresh leaves of the pulse are used to prepare a vegetable dish.

Serving: 4 persons

Preparation Time: 15 min

Cooking Time: 25 min

Ingredients

- 250 g chickpea leaves



- 2 tbsp of corn or pearl millet flour

- 2 green chilies



- 1 inch piece of ginger

- 2 tomatoes

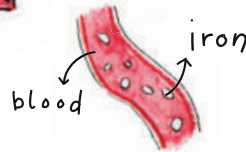


- 1 tbsp ghee or oil

- a pinch of asafoetida

Enrich your recipe:

Chickpea leaves are rich in iron and vital vitamins



- 1 tsp red chili powder

- 1/2 teaspoon garam masala

- salt to taste

- ½ tsp cumin seeds

Preparation

- 1 Wash chickpea leaves well, remove the stalks, chop into small pieces.

- 2 Wash all vegetables and chop them finely.

Method

- 1 Heat the chopped chickpea leaves and a cup of water in a pan.
- 2 In a small vessel put the corn and pearl millet flours and make a smooth blended mixture without any lumps.,
- 3 Add the blended mix to the chickpea leaves and keep stirring.
- 4 When the curry starts thickening, add salt and red chili powder, continue stirring.

Nutritive Value

Per person

Calorie	77.4
Protein (g)	3.3
Fat (g)	4.6
Carbohydrate (g)	5.0
Calcium (mg)	159.8
Iron (mg)	4.9
Vitamin A (mcg)	5743.6



- 5 Cook this mix on a medium flame for 8 to 10 min. and keep it aside.
- 6 Pour some ghee or oil into a small pan.

- 7 Season with cumin seeds & asafoetida, add green chilies, tomatoes, ginger and sauté on a medium flame.



- 8 When the tomatoes are cooked add the chickpea leaves blended mix and garam masala.
- 9 After 5 min. remove from the flame and serve hot with corn or pearl millet rotis.



Tips/precautions

Clean the chickpea leaves carefully.

While mixing the corn or Pearl millet flour take care that there are no lumps.

D RAW MANGO CHUTNEY


Thinking of mangoes, our mouth starts watering whether the mangoes are raw or ripe.

Serving: 4 persons

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 raw mango (kairi) of medium size
- ½ cup grated coconut 
- 1 tsp of sugar or jaggery
- ½ cup finely chopped coriander
 - 1 tsp oil
- 1 tsp of chickpea dal
 - ¼ spoon fenugreek seeds
 - 1 tsp cumin seeds


Enrich your recipe:

Using raw mango instead of tomato or other common ingredients for chutneys makes it more Vitamin C and antioxidants rich.



- ½ tsp turmeric powder 

- 2-3 red chilies

- curry leaves 

- a pinch of asafoetida

- ½ tsp mustard seeds

Preparation

- 1 Wash and grate the raw mangoes and keep aside for a while.



- 2 Wash green coriander leaves, curry leaves and green chilies and let the water drain out.



Method

- 1 Heat oil in a pan, add chickpea dal, cumin seeds, and fenugreek seeds and saute them well.



- 3 Remove from flame and add coconut, jaggery, coriander leaves, turmeric powder and salt.

- 4 Grind this mix in a mixer with some water.



- 2 Add red chili powder, curry leaves, asafoetida and chopped raw mango and sauté for 5 min.

- 5 Season the chutney with mustard seeds and serve with chapattis or pures.

Nutritive Value

Per person

Calorie	9.7
Protein (g)	1.1
Fat (g)	7.8
Carbohydrate (g)	5.5
Calcium (mg)	11.1
Iron (mg)	0.5
Vitamin A (mcg)	87.2

Tips/precautions

Cook the mixture on a medium flame.



8) DAL BAFLA



Dal Bafla is a popular dish in Madhya Pradesh, Rajasthan, Uttar Pradesh and Bihar and eaten with great relish.

Serving: 5 persons

Preparation Time: 20 min

Cooking Time: 40 min

Ingredients

For Bafla:

- 120 g of wheat flour
 - 175 g of rice flour
- 120 g corn flour
- 200 g of semolina (suji)
- 1 big cup curd
- 1 tbsp oil

For Dal:

- 500 g mix pulses (tur, mung, gram, masoor and urad)
 - 2 large green chilies



Enrich your recipe:

Combining cereals and pulses makes this recipe very nutritious.



- 1 tbsp of coriander leaves
- 10 curry leaves
- 1 tsp carom seeds (ajwain)
 - 1 medium sized onion
 - 1 big tomato
- ½ tsp turmeric powder
- ½ tsp coriander powder
- ½ tsp red chili powder
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 tsp lemon juice



Preparation

- 1 Wash all the vegetable and chop finely.
- 2 Mix all dals, wash and then cook with adequate water in a pressure cooker

Method

In this recipe we shall be preparing 2 dishes Bafra (a kind of roasted bread) and Dal.

Making the bafra

- 1 Put all the different flours, semolina in a large bowl & mix it well, adding curd and oil.

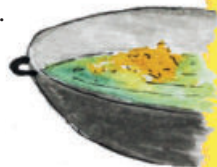
- 2 Knead the flours into a hard dough with warm water.



- 3 Make small balls with the dough and flatten their top and bottom sides a little.



- 4 Boil water with a bit of turmeric powder in a large pan.



- 5 Put in the small balls of dough in the boiling water and let simmer on medium flame until they turn a bit hard or are cooked.



- 6 Remove them from the water and roast in an oven or pan.

Making the Dal

- 1 Heat oil in a pan, add mustard seeds, cumin seeds, curry leaves, chopped onion, green chilis and sauté for 2 min.



- 2 Add tomatoes, spices and sauté until cooked.

- 3 Pour this mixture into the pressure cooker, add cooked dals, add water (if required) and sauté for 2 min.

- 4 Garnish with coriander leaves and a dash of lemon juice and serve.



Nutritive Value

Per person

Calorie	803.1
Protein (g)	36.2
Fat (g)	8.2
Carbohydrate (g)	141.6
Calcium (mg)	109.6
Iron (mg)	8.3
Vitamin A (mcg)	361.0

Tips/precautions

Ensure that all vegetables are well washed.

While molding the baffas, shape them in such a way that they are firm and solid so that they shall not break when being boiled.

To make the dal more nutritious you can grate some bottle gourd (lauki) or pumpkin to it.



9) BOTTLE GOURD-CARROT SOUP

Starting a meal with soup increases appetite and helps digestion too.

Serving: 2 persons

Preparation Time: 10 min

Cooking Time: 15 min

Ingredients

- 2 medium sized potatoes
- 1 medium sized gourd



- 3-4 medium sized carrots
- 2 tbsp ghee or groundnut oil



- 1 inch piece of ginger

Enrich your recipe:

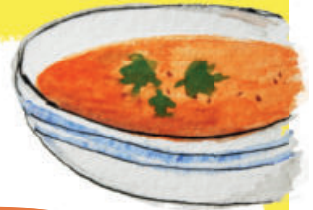
Soups made from fresh vegetables are very nutritious. Carrot is rich in Vitamin A



- 1 lemon

- rock salt as per taste

- ½ tsp black pepper



Preparation

- 1 Wash the potatoes & carrots & chop into small pieces.
- 2 Rewash the potatoes two three times so that all the starch comes out.

- 3 Crush ginger to form a paste.



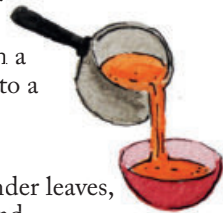
Method

- 1 Heat oil or ghee in a pressure cooker.
- 2 Put in potatoes and carrots, two cups water and let boil until the first whistle.
- 3 Peel bottle gourd (lauki) and chop into small pieces. Put these in a bowl of water so that they don't turn black.

- 4 When the cooker cools down, add bottle gourd, pepper powder, ginger paste, rock salt, add enough water and cook until two more whistles.

- 5 When cooled, grind in a mixer-grinder and pour into a big vessel.

- 6 Garnish with coriander leaves, black pepper powder and lemon juice and serve.



Nutritive Value

Per person

Calorie	55.3
Protein (g)	1.2
Fat (g)	2.1
Carbohydrate (g)	7.2
Calcium (mg)	35.7
Iron (mg)	0.7
Vitamin A (mcg)	1391.2



Tips/precautions

There should be adequate water in cooker when boiling potatoes.

Do not strain the soup as the fiber would be lost which is essential for digestion.

10) SAGO KHICHDI WITH AMARANTH CURRY

Sabudana/sago and amaranth are foods that are consumed usually during fasts.

Serving: 2 persons

Preparation Time: 40 min

Cooking Time: 15 min

Ingredients

For the sago

- 250 g sago
- ½ kg potato
- 100 g groundnuts
 - 30 g oil
- fennel, rock salt, sugar & salt as per taste
 - 10 curry leaves
- 1 tbsp green coriander
- 3 green chilis
- juice of half a lemon



Enrich your recipe:

Sago is commonly consumed as a khichdi. When we eat it with amaranth curry it provides added protein and calcium.

For the curry

- 200 g of yogurt
- 100 g of potatoes
 - 50 g of groundnuts
- 16 g Rajgira flour
 - 10 curry leaves
- 2 green chilis
- rock salt, sugar as per taste
 - ½ tsp cumin seeds



Preparation

1 Clean the sago and soak in water for 30 min.



2 Add a teaspoon of oil and mix with hand.

3 Peel potatoes, boil and cut.



4 Wash all the vegetables and let the water drain out.

5 Roast groundnuts and grind into a coarse powder.



Method

For the Sago khichdi:

1 Heat oil in a pan and sauté cumin seeds, fennel (saunf), green chilies.

2 Add groundnut powder and potatoes.

3 Add sago, salt and cook for 5 min.



4 Garnish with coriander leaves, add lemon juice.



For the amaranth curry:

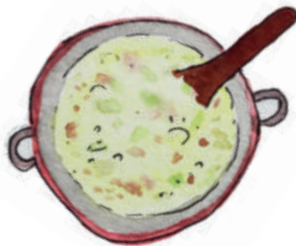
1 Blend the curd, groundnuts and boiled potatoes in a mixer.



- 2 Mix the amaranth flour in the blended mixture ensuring that there are no lumps.



- 4 Put the mixture into the seasoning and cook for 10 min.



- 3 Heat oil and cumin seeds in a pan for the seasoning.



- 5 Add rock salt as per taste and cook for 2 min.

- 6 Serve the hot amaranth curry with the sago kichdi.



Nutritive Value

Per person

Calorie	2153.2
Protein (g)	73.4
Fat (g)	92.0
Carbohydrate (g)	250.7
Calcium (mg)	528.5
Iron (mg)	16.3
Vitamin A (mcg)	72.8

Tips/precautions

Put in adequate water to soak the sago





RECIPES FOR PREGNANT WOMEN

10 MAHERI OR PEARL MILLET PORRIDGE

It is a kind of porridge prepared from coarsely pounded pearl millet/wheat/rice & buttermilk.

Serving: 4 persons

Preparation Time: 10 min

Cooking Time: 30 min

Ingredients

- 100 g coarsely pounded pearl millet



- 400 ml of fresh buttermilk



- salt as per taste



Enrich your recipe:

Pearl millet is rich in minerals, phosphorus, good for body cell development.



Preparation

- 1 Clean and grind the pearl millet coarsely in a mixer-grinder or in a mortar.
- 2 Mix water and curd, stir well to prepare buttermilk



Method

- 1 Boil about 300 ml of water in a pan and gradually add the pearl millet, continuously stirring so that no lumps are formed.



- 2 On a medium flame cook this mixture for about 10 min.



- 3 When the mixture is of a porridge consistency add buttermilk and stir until it boils.



- 4 Add salt and continue to cook for 3-4 min.

- 5 Serve with tomato or green coriander leaves chutney.

(Refer pg. 5, 13 or 32 for chutney recipes)



Nutritive Value

Per person

Calorie	123.5
Protein (g)	4.4
Fat (g)	3.6
Carbohydrate (g)	17.9
Calcium (mg)	65.8
Iron (mg)	1.7
Vitamin A (mcg)	13.9

12) DRIED GINGER SWEET BALLS

Dried ginger or 'sonth' ladoos are traditionally consumed in Indian homes during winters, especially by women after delivery.

Serving: 18

Preparation Time: 30 min

Cooking Time: 60 min

Ingredients

- 25 g dried ginger powder

- 250 g jaggery



- 50 g dried coconut powder

- 100 g wheat flour

- 35 g almonds



- 50 g edible gum

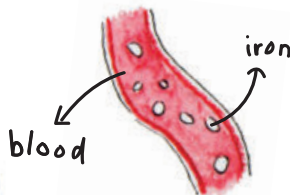
- 10 -20 pistachios

- 125 g ghee



Enrich your recipe:

Jaggery instead of sugars is iron rich. Dried coconut powder increases calcium and iron content.



Preparation

- 1 Clean edible gum and cut into small pieces.
- 2 Roast the wheat flour adequately.
- 3 Chop pistachios and grate jaggery.
- 4 Roast dried ginger powder.

Method

- 1 Heat half the ghee on a medium flame and add the pieces of edible gum. The size of edible gum would increase by 4 times once heated. Put the gum on a separate plate.



- 2 In the same ghee add the roasted wheat flour, stir for 5 min. and put onto another plate.
- 3 Pour the remaining ghee into the pan and heat it on a medium flame. Then again roast the edible gum in this ghee for 2 min. Put this on another plate and gently crush it with a rolling pin.

- 4 Add the jaggery to the remaining ghee and let it melt on a medium flame for about 7 min. until it mixes in the ghee.

- 5 Put off the flame and in the same pan add the wheat flour, ginger, edible gum, almond powder, coconut shavings and pistachio and knead this mixture with your hands.



- 6 Now use both your hands make small balls of this kneaded dough.



- 7 Leave the ladoos on open plate for 2-3 hrs and then pack them in an air-tight container.



Nutritive Value

Per person

Calorie	692.5
Protein (g)	8.1
Fat (g)	40.8
Carbohydrate (g)	72.1
Calcium (mg)	108.6
Iron (mg)	5.0
Vitamin A (mcg)	16.2

Tips/precautions

Roast each ingredient on a medium flame whilst continuously stirring them is important.

While heating the jaggery remove any straw and dirt with a ladle.



13) DRUMSTICK PULAO

The drumstick has lot of nutritional and medicinal benefits. It is helpful in addressing malnutrition.

Serving: 10 persons

Preparation Time: 15 min

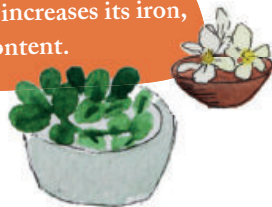
Cooking Time: 25 min

Ingredients

- 1 kg rice
- 1 kg drumstick leaves
- 250 g drumstick flowers
- half an onion or a small onion
- 10 pods of garlic
- an inch of ginger
- 1 tsp cumin seeds or jeera
- 80 g of desiccated coconut
- 2 tbsp oil
- salt according to taste
- 1 lemon

Enrich your recipe:

Adding drumstick leaves & flowers in pulao extensively increases its iron, Vitamin A and C content.



Preparation

- 1 Clean and cull the rice.
- 2 Wash leaves and flowers of the drumstick tree and let them dry.
- 3 Chop onion, ginger and garlic finely.
- 4 Prepare a paste of the drumstick leaves.
- 5 Squeeze out the lemon for the juice.



Method

- 1 Heat oil, add cumin seeds, garlic, ginger and onion and sauté for 2 min.
- 2 Add the drumstick leaves paste and cook for 5 min.
- 3 Add the rice to this mix and after a min. of stirring, add 3 to 4 glasses of water and salt as per taste.



- 4 Cover the rice and cook it on a medium flame for 10 min.



- 5 Add lemon juice and garnish with desiccated coconut and drumstick flowers, serve hot.

Nutritive Value

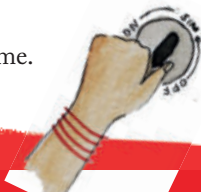
Per person

Calories	456.4
Protein (g)	15.4
Fat (g)	4.6
Carbohydrate (g)	85.8
Calcium (mg)	335.4
Iron (mg)	5.6
Vitamin A (mcg)	17547.4
Vitamin C (mcg)	126.5
Potassium (mg)	642.5

Tips/precautions

Wash the drumstick leaves and flowers well as there could be tiny insects on them.

Cook the rice on a medium flame.



14) DRUMSTICK LEAF CHIVDA


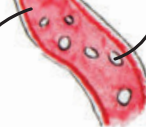



Chivda is a popular savory snack that is prepared at home and served as a teatime snack.

Serving: 1 kg Drumstick leaf chivda

Preparation Time: 20 min

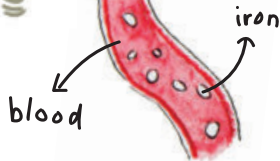
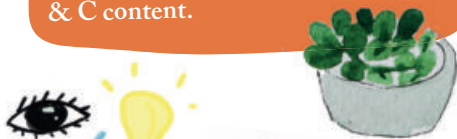
Cooking Time: 20 min

Ingredients

- 1 kg thin flattened rice flakes or 'patla poha'
- 100 g puffed rice or 'murmura'
- 100 g groundnuts 
- ¼ kg drumstick leaves 
- 100 g Bengal gram or split lentil
- 20 g cooking oil 
- 2 tsp mustard seeds 
- 1 tsp cumin seeds or jeera 
- 10 to 12 curry leaves (kadi patta)
- salt as per taste

Enrich your recipe:

Adding drumstick leaves in snacks increases iron, Vitamin A & C content.



Preparation

- 1 Roast flattened rice and groundnuts in a pan.



Method

- 1 Heat oil in a pan, add mustard seeds, curry leaves and drumstick leaves and sauté for 2 min.
- 2 Add roasted flattened rice, Bengal gram, groundnuts, puffed rice and dried mango powder.
- 3 Add salt as per taste and mix it well, serve the snack.



Nutritive Value

Per person

Calories	321.3
Protein (g)	11.5
Fat (g)	5.0
Carbohydrate (g)	56.8
Calcium (mg)	199.4
Iron (mg)	6.2
Vitamin A (mcg)	9877.7
Vitamin C (mcg)	61.2
Potassium (mg)	438.4

Tips/precautions

Roast the flattened rice on a medium flame.

The drumstick leaves should be cleaned well, washed thoroughly and dried.



15) FENUGREEK SEEDS CHUTNEY

Fenugreek seeds or methi seeds are seeds with medicinal properties and used as a spice in cooking.

Serving: 5 persons

Preparation Time: 15 min

Cooking Time: 25 min

Ingredients

- 100 g of fenugreek seeds
- 2 tbsp ghee or oil
- ¼ tsp mustard seeds
- ½ tsp cumin seeds
 - ½ tsp fennel
- 4-5 whole red chillies
- 1 tbsp coriander seeds
 - 1 tsp turmeric
- ¼ tsp red chili powder
- a pinch of asafoetida
- 1 tsp dry mango powder (amchoor)
- 1 tsp sugar
 - salt to taste



Enrich your recipe:

Using fenugreek seeds provides abundant amounts of protein, Vitamin C, and potassium. It is useful to keep the cholesterol in control, reduces joint pains, used as a digestive for diarrhea and heart burn.



Preparation



- 1 Soak the fenugreek seeds at night.
- 2 Next morning boil in a pressure cooker for one whistle.

Method

- 1 Rub the boiled fenugreek seeds with your hand, remove the peels & wash in clean water for 2 min.
- 2 Heat some ghee or oil in a pan, and sauté red chili powder, mustard seeds and spices.
- 3 Add boiled fenugreek seeds and two glasses of water & let boil.
- 4 Add raw mango powder, sugar and salt and cook on a medium flame for 10 min. Serve with hot chapattis.



Nutritive Value

Per person

Calories	109.2
Protein (g)	5.1
Fat (g)	7.1
Carbohydrate (g)	4.1
Calcium (mg)	28.2
Iron (mg)	1.7
Vitamin A (mcg)	58.9

Tips/precautions

After soaking and boiling the fenugreek or methi remove the peel gently by rubbing with your hand.

Cook on a medium flame.



16) TANGY COOLING RAW MANGO DRINK

Raw mango drink or 'panna' is a popular traditional drink prepared during summer.

Serving: 2 persons

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 300 g or 2 - 3 medium sized raw mangoes (kairi)
- 2 tsp roasted cumin powder
- 150 g of sugar
- ½ tsp cumin seeds
- 25 fresh mint leaves (pudina)



Enrich your recipe:

There is no better alternative to this cooling drink which can be prepared very easily, is savory and provides a lot of Vitamin C



- ¼ tsp black pepper (kali mirch)
- rock salt & plain salt as per taste

Preparation

- 1 It would be best to roast the raw mangoes in the ash of a mud oven but if that is not feasible, boil the raw mangoes on a gas stove.



- 2 Remove pulp, add 2 cups of water and boil again.
- 3 Wash the mint leaves and chop finely.

Method

- 1 Grind the pulp along with sugar, rock salt, table salt, black pepper powder and mint leaves in a mixer.



- 3 Strain the mix with a fine sieve and the raw mango drink is ready
- 4 Sprinkle some cumin seed powder and black pepper powder to enhance the taste.

- 2 Pour this mix into a big vessel & add a litre of cold water.

- 5 Garnish with mint leaves, add ice and serve



Nutritive Value

Per person

Calories	288.7
Protein (g)	1.7
Fat (g)	1.0
Carbohydrate (g)	67.0
Calcium (mg)	84.4
Iron (mg)	1.6
Vitamin A (mcg)	113.0

Tips/precautions

Boil the mangoes adequately.

Always prepare fresh.

17) BOONDI RAITA

Raita is a popular dish and enhances the taste of a meal. Raitas are made in various ways. They are not only delicious but very nutritious too.

Serving: 2 persons

Preparation Time: 5 min

Cooking Time: 5 min

Ingredients

- 200 g of yogurt



- 50 g of gram flour

- ½ tsp roasted cumin powder



- 1 finely chopped green chilli



- 1 tbsp chopped coriander leaves

- salt to taste



Enrich your recipe:

Adding boondi (gram flour balls) increases protein content.



Preparation

- 1 Blend the fresh curd.
- 2 Wash green chilies & chop finely.

- 3 Roast cumin seeds & powder.



- 4 Soak the 'boondis' in lukewarm water for 2 min.

Method

- 1 Gently mix the boondi in the blended curd with the help of a spoon.



- 2 Add the green chilies, salt, & cumin seed powder to this mixture.

- 3 Pour into a bowl, garnish with coriander leaves.

- 4 You can also make raita with finely chopped onions, cucumbers, leafy vegetables, grated or boiled bottle gourd.

Nutritive Value

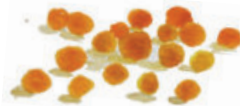
Per person

Calories	194.2
Protein (g)	9.3
Fat (g)	8.1
Carbohydrate (g)	20.5
Calcium (mg)	143.9
Iron (mg)	2.0
Vitamin A (mcg)	53.3

Tips/precautions

The curd should not be too sour.

You can use salty or salt-less boondi too.



18) PEARL MILLET PATTIES



Pearl millet is used to make snacks, porridges or chapatis and is nutritious.

Serving: 2 persons

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 200 g Pearl millet flour
- 100 g curd
- 50 g sesame seeds
- 30 g oil
- 100 g fenugreek leaves
- 4 green chillies
- 1 inch piece of ginger
- 5 garlic pods
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- red chili, turmeric & coriander powders as per taste
- salt as per taste



Enrich your recipe:

Adding sesame seeds and fenugreek in pearl millet patties increases the calcium and iron content.



Preparation

1 Collect/grind pearl millet flour.

2 Wash and chop finely fenugreek leaves, green chilies and ginger.

3 Crush garlic pods into a paste.



Method

1 Mix the vegetables and garlic paste with the pearl millet.

2 Add salt and curd and knead into a dough.



3 Make small round balls and press between hands to make flat circular pieces.



4 Roast these pieces on both sides until they are golden brown.

5 Serve the hot patties with sauce or chutney.
(Refer pg. 5, 13 or 32 for chutney recipes)



Nutritive Value

Per person

Calories	1333.1
Protein (g)	39.7
Fat (g)	67.7
Carbohydrate (g)	136.1
Calcium (mg)	1088.02
Iron (mg)	26.2
Vitamin A (mcg)	9322

Tips/precautions

The pearl millet flour should not be too old.

It is better to use fresh curd.

19) DRUMSTICK SOUP

Drumstick has lot of nutritional and medicinal benefits. It is helpful in addressing malnutrition

Serving: 5 persons

Preparation Time: 10 min

Cooking Time: 10 min

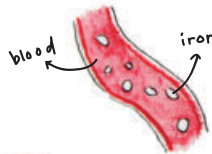
Ingredients

- 1 kg drumsticks
- 4-5 pods of garlic
- ½ inch piece of ginger
- 3 tsp pepper powder
- 1 tsp cumin seeds
- 50 g cream
- 2 large lemons



Enrich your recipe:

Making soup using drumstick provides additional iron and Vitamin A, C.



- 2 tbsp oil
- 2 litres water
- salt to taste

Preparation

- 1 Wash drumsticks and cut into one-inch pieces.
- 2 Chop garlic and ginger finely.



- 3 Grind cumin seeds to make a fine powder.

Method

- 1 Heat oil in a big pan, add ginger, garlic and onions and sauté.
- 2 Add chopped drumsticks and sauté for 2 min.
- 3 Add about 2 liters of water and cook on a high flame for 5-10 min.

- 4 Let the mix cool down, grind in a mixer and strain.

- 5 Cook the mix for another 3-5 min.



- 6 Garnish with pepper powder, roasted cumin seed powder (jeera), rock salt, lemon juice and cream - serve hot.

Nutritive Value

Per person

Calories	33.5
Protein (g)	2.8
Fat (g)	0.7
Carbohydrate (g)	4.4
Calcium (mg)	37.7
Iron (mg)	0.8
Vitamin A (mcg)	25.1
Vitamin C (mcg)	72.2
Potassium (mg)	439.8

Tips/precautions

The drumsticks should not be too thick.

When the soup comes to a boil keep on a medium flame.



20) MULTIGRAIN MULTI-PULSE KHICHDA

A variety of coarse grains and pulses mixed together are nutritious.

Serving: 4 persons

Preparation Time: 20 min

Cooking Time: 20 min

Ingredients

- 525 g of rice
 - 200 g of green gram or mung
 - 140 g of peeled pearl millet
 - 140 g peeled wheat
 - 140 g peeled sorghum
 - 30 g tur and gram dal
 - 15 g dry coconut pieces
 - 150 g oil
- 50 g ghee
 - mustard seeds, asafoetida, curry leaves, turmeric, cashew nuts, raisins as per taste
 - 2 green chilies, one teaspoon ginger paste
 - salt and sugar as per taste



Enrich your recipe:

Satudhan or a mix of seven grains and pulses is one such preparation which provides all vital nutrients beneficial for pregnant, lactating & adolescent girls.

Preparation



- 1 Soak the pearl millet, sorghum and wheat in water overnight.
- 2 Cook the chana, mung, tur dal and rice for at least 10-15 min. and keep aside.

Method

- 1 Cook the soaked pearl millet, sorghum & wheat separately.

- 2 Heat oil in a big vessel, add green chillies, cumin seeds, turmeric powder, ginger paste, curry leaves & sauté.



- 3 Add the cashews, raisins, sliced coconut & sauté for another 2 min.



- 4 Add cooked grains, pulses, salt & sugar & cook for 10 min.

- 5 Serve hot with pickle or any chutney (Refer pg. 5, 13 or 32 for chutney recipes)



Nutritive Value

Per person

Calories	5916.9
Protein (g)	133.1
Fat (g)	236.3
Carbohydrate (g)	792.6
Calcium (mg)	496.0
Iron (mg)	39.6
Vitamin A (mcg)	419.8

Tips/precautions

Clean thoroughly all the grains & pulses for any dirt or insects.



**RECIPES FOR CHILDREN
UNDER 6 YEARS OF AGE**

21) INDORI POHA

The pride of Indore, the Indori Poha, is a popular breakfast snack, that is nutritious and cooks fast.

Serving: 4 persons

Preparation Time: 10 min

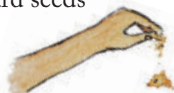
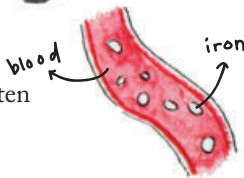
Cooking Time: 5-7 min

Ingredients

- 150 g (2 ½ cups) poha or beaten rice flakes – 1 tsp sugar
- ¾ tsp salt or as per taste
- 1-2 tbsp oil
- ¼ tsp mustard seeds
- 6 curry leaves
- ¼ tsp turmeric powder
- 1-2 green chilies
- 1-2 tsp green peas or raw groundnuts
- 1 lemon
- 1 tbsp finely chopped coriander leaves
- 20-25 raisins (optional)
- pomegranate

Enrich your recipe:

Add groundnuts to increase protein. Replacing sev topping with coriander leaves, raisins & pomegranate (anar) makes it healthy and tasty.



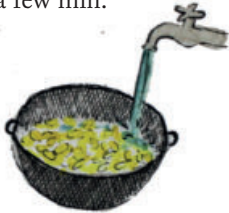
Preparation

- 1 Clean the poha properly, wash curry leaves and coriander leaves and finely chop the green chilies.



Method

- 1 Wash the poha twice in a sieve and keep aside for a few min.



- 2 Heat the oil in a heavy pan and mustard seeds, green chilies, peas and raw groundnuts and sauté for about 2 min. on a low or medium flame.

- 3 Put the poha, turmeric powder, sugar and salt and gently stir the mix. Cook this mix for 5-7 min.

- 4 Top with the chopped coriander leaves, pomegranate and raisins.

- 5 Squeeze the lemon juice and serve the poha hot.

- 6 If you eat onions, you may garnish with finely chopped onions.

Nutritive Value

Per person

Calories	245.9
Protein (g)	6.7
Fat (g)	7.3
Carbohydrate (g)	37.5
Calcium (mg)	23.1
Iron (mg)	2.9
Vitamin A (mcg)	187.0

Tips/precautions

While washing the poha, ensure that they remain whole and do not get mashed up.

22) MULTIGRAIN VEGETABLE PANCAKES

Multigrain vegetable pancakes are a popular home-made snack, containing several kinds of flour.

Serving: 4 persons

Preparation Time: 15 min

Cooking Time: 25 min

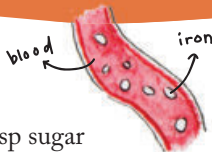
Ingredients

- 60 g wheat flour
- 85 g rice flour
- 65 g corn flour
 - 80 g semolina
- 250 g of mixed vegetables
 - 100 g fenugreek leaves
 - 100 g spinach
- ½ cup groundnut powder
 - 1 tsp white sesame seeds



Enrich your recipe:

Fenugreek leaves increase iron and vital vitamins. Sesame seeds are rich in calcium, good for bone health.



- 1 tsp sugar
- 2 green chilies
- 2 tbsp lemon juice
- 2 tbsp oil
- 20-25 raisins (optional)
 - 1 tsp of carom seeds
 - ½ tsp each of turmeric and coriander powder
 - salt to taste

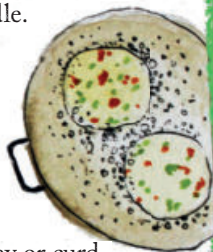
Preparation

- 1 Roast the groundnuts and grind into a fine powder.
- 2 Clean thoroughly sesame, carom seeds- all the flours and semolina
- 3 Wash all vegetables
- 4 Make a chutney of the coriander leaves, green chilies, salt and lemon juice



Method

- 1 Mix the wheat, corn, rice flours, semolina (rawa) and salt as per taste.
- 2 Add a tablespoon of oil, carom seeds, sesame seeds and groundnut powder, turmeric and coriander powder to this mixture.
- 3 Add all the chopped vegetables and warm water as required and knead into a dough.
- 4 Heat the pan on a medium flame and spread some oil with a ladle.
- 5 Add oil and cook on both sides and remove when both sides are well cooked.
- 6 Serve with green chutney or curd. (Refer pg. 5, 13 or 32 for chutney recipes)



Nutritive Value

Per person

Calories	395.4
Protein (g)	12.9
Fat (g)	12.2
Carbohydrate (g)	56.8
Calcium (mg)	130.6
Iron (mg)	4.8
Vitamin A (mcg)	3074.7



Tips/precautions

Ensure that there are no larvae in the flour.

Keep the tawa or pan on a medium flame when cooking the pancakes.

You can also add grated carrot or radish to the flour, if seasonally available.

23) PORRIDGE WITH BUTTERMILK



This porridge recipe is a traditional, tasty, nutritional preparation made from coarsely ground corn/pearl millet/sorghum mixed with buttermilk.

Serving: 5 persons

Preparation Time: 10 min

Cooking Time: 50 min

Ingredients

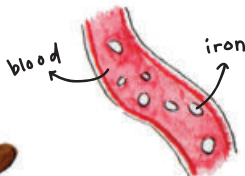
- 100 g coarsely ground corn, pearl millet or sorghum



- 1 litre buttermilk

Enrich your recipe:

When pearl millet or corn are added to buttermilk, they provide additional minerals like phosphorus and iron.



- 1 litre milk



- salt as per taste

Preparation

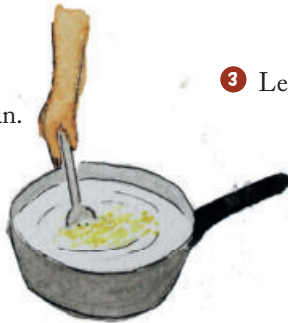
- 1 Clean the coarse grains.



- 2 Prepare fresh buttermilk.

Method

- 1 Mix buttermilk, grain and salt properly in a big pan.



- 3 Let it cool and serve with milk.



- 2 Cook this mixture stirring it continuously.

Nutritive Value

Per person

Calories	304.2
Protein (g)	11.1
Fat (g)	17.7
Carbohydrate (g)	25.1
Calcium (mg)	361.4
Iron (mg)	0.7
Vitamin A (mcg)	30.9

Tips/precautions

Continuously stir whilst cooking the porridge.

Eat when it cools down.

24) DHOKLA

Dhokla is a popular Gujarati snack and is healthy.

Serving: 6 persons

Preparation Time: 10 min

Cooking Time: 20 min

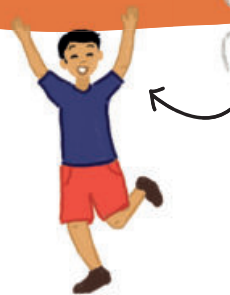
Ingredients

- 1 kg Bengal gram flour
 - 100 g of rice flour
 - 20 g citric acid (nimboo ka sat)
 - 20 g baking soda
 - 20 g sugar
 - 2 tbsp oil
 - turmeric powder, red chili powder, coriander powder as per taste
- a pinch of asafoetida
 - salt to taste
 - ¼ tsp each of mustard seeds, cumin seeds and white sesame seeds (safed til)



Enrich your recipe:

Tempering dhokla with sesame seeds provides more calcium which is good for bone health.



Preparation

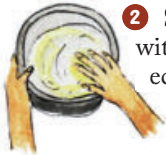
- 1 Sieve gram flour in a fine mesh



- 2 Wash green chilies.

Method

- 1 Boil water in a big vessel.



- 2 Smear a big plate with a raised edge (thali) with some oil.

- 4 Pour batter into 'thali' and gently mix the baking soda in the batter.

- 5 Place in the vessel & cover with a lid & steam the mixture for about 15 min.



- 3 Mix gram flour and all other ingredients except the green chilies in a big bowl and slowly add water stirring gently to make a smooth batter.



- 6 Heat oil in a small pan and fry green chilies. In the same oil add cumin seeds, mustard seeds, and sesame seeds and pour on dhokla

- 7 Garnish with fried green chilies and coriander leaves and serve.



Nutritive Value

Per person

Calories	4037.9
Protein (g)	225.2
Fat (g)	86.7
Carbohydrate (g)	567.0
Calcium (mg)	558.4
Iron (mg)	62.2
Vitamin A (mcg)	1653.04

Tips/precautions

When adding water to the gram flour ensure that the batter is not too thin.

When the baking soda is added the mix will rise.

Cut the dhokla into pieces only after it is totally cooled down.

25) COCONUT CUTLETS

Coconut potato cutlets are easy to prepare and much liked by children.

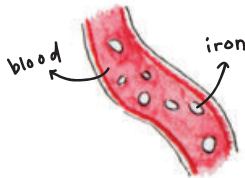
Serving: 2 persons

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 75 g coconut powder
- 100 g potatoes
- 20 g cashew nuts, raisins
- 30 g oil
- coriander powder, red chili powder & turmeric powder as per taste
- salt as per taste
- 2 green chillies
- ½ a lemon



Enrich your recipe:

Adding coconut to potato patties increases the iron content.



Preparation

- 1 Boil and crush potatoes.
- 2 Wash green chilies and lightly dry them.

- 3 Slice the cashew nuts.

- 4 Squeeze the lemon for juice.

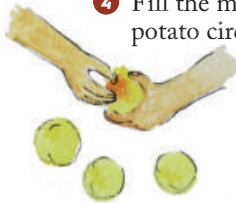


Method

- 1 In a bowl mix the coconut powder, finely sliced cashew nuts, raisins, lemon juice and salt.
- 2 Add the turmeric, red chili and coriander powder in this mix.



- 4 Fill the mix in the flattened potato circle and make into a ball.



- 5 Roast these cutlets in a pan until golden brown.



- 3 Make 4 equal balls of the mashed potatoes and flatten them.

- 6 Coconut cutlets are ready. Serve hot.

Nutritive Value

Per person

Calories	731.1
Protein (g)	6.4
Fat (g)	65.9
Carbohydrate (g)	28.1
Calcium (mg)	26.5
Iron (mg)	2.5
Vitamin A (mcg)	2.6

Tips/precautions

The potatoes should be finely mashed with no lumps.

The coconut powder should not be stale.

26) WHEAT FLOUR HALWA



Halwa is a sweet and nutritious snack that can be easily prepared from food items available at home.

Serving: 4 persons

Preparation Time: 15 min

Cooking Time: 15 min

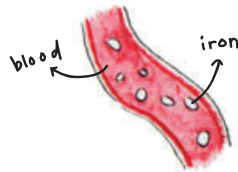
Ingredients

- 100 g wheat flour
- 80 g ghee
- 100 g jaggery
- 80 g semolina
- 10 walnuts



Enrich your recipe:

Use jaggery instead of sugar
add walnuts, pistachios & raisins to
make it tasty and healthy.



- 8-10 pistachios

- 1 tbsp raisins

- 4-5 cardamoms



Preparation

- 1 Sieve the flour and keep aside.
- 2 Finely chop the walnuts and pistachios.

- 3 Wash raisins and leave to dry.



- 4 Grind the cardamoms into a fine powder.

Method

- 1 Heat ghee in a pan, add wheat flour/semolina and gently roast on a medium flame until the flour turns light brown and you smell the special aroma of ghee.



- 2 Add 3 cups of water, cardamom powder, jaggery and continue to cook on a medium flame stirring continuously, so that no lumps are formed.

- 3 When the mix is of uniform consistency and stops sticking to the bottom of the pan add the walnuts, pistachios and any other dry fruits available at home, serve hot.

Nutritive Value

Per person

Calories	400
Protein (g)	4.2
Fat (g)	23.5
Carbohydrate (g)	42.8
Calcium (mg)	16
Iron (mg)	1.4
Vitamin A (mcg)	4.7



Tips/precautions

While roasting the flour keep the pan on a medium flame and after adding the water and jaggery, continuously stir so that no lumps are formed.

27) CURD-POTATO CURRY

Potatoes are available in all parts of the country almost all the year round. It is a popularly consumed vegetable and prepared in many different ways.

Serving: 4 persons

Preparation Time: 15 min

Cooking Time: 35 min

Ingredients

- 6 medium sized potatoes
- ½ cup of beaten curd
- 2 tbsp oil
- 2 tbsp finely chopped coriander leaves
- 2-3 green chillies
- a pinch of asafoetida
- ½ tsp cumin seeds or jeera
- ½ tsp coriander
- ¼ tsp turmeric powder
- salt as per taste



Enrich your recipe:

Using curd along with potato increases protein and calcium content.



Preparation

- 1 Boil the potatoes in a pressure cooker and peel them.



- 2 Beat the curd.

- 3 Chop green chilies and coriander leaves.

Method

- 1 Heat oil in a pan, add cumin seeds and asafoetida, sauté for a min.

- 2 Add coriander powder, turmeric powder, green chilies and sauté for 2-3 min.

- 3 Mash potatoes into big pieces, put into pan and cook for about 2 min.



- 4 Add salt as per taste.

- 5 Pour 1 ½ cups of water, cover the pan, boil curry for 8-10 min.

- 6 Add beaten curd in small quantities at a time and continue to stir the curry, then keep the pan covered for another 5 min.



- 7 Garnish the curry with finely chopped coriander leaves.

Nutritive Value

Per person

Calories	148.7
Protein (g)	2.3
Fat (g)	9.8
Carbohydrate (g)	12.5
Calcium (mg)	49.7
Iron (mg)	0.7
Vitamin A (mcg)	138.4

Tips/precautions

Cook the various masalas or spice powders on a medium flame so that they do not get burnt.



28) SORGHUM FLOUR SNACK

Sorghum is a nutritious millet that is being consumed since a long time.

Serving: 4 persons

Preparation Time: 10 min

Cooking Time: 20 min

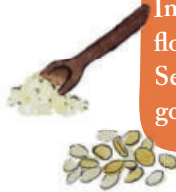
Ingredients

- 200 g sorghum flour
- 20 g groundnuts
- a handful of green shelled peas
- 2 tbsp sesame oil
- 1 litre of water
- 2 big carrots
- 125 g of spinach leaves
- 2 green chillies
- 1 big tomato
- a pinch of asafoetida
- 1 tsp cumin seeds
- 1 tsp salt



Enrich your recipe:

Instead of semolina, use sorghum flour, a minor millet rich in iron. Sesame seeds are rich in calcium, good for bone health.



Preparation

- 1 Wash all the vegetable and chop finely, roast the groundnuts and powder them coarsely.

Method

- 1 Heat oil, add asafoetida, cumin seeds, finely chopped green chillies and sauté for 1-2 min.



- 2 Add chopped spinach, carrots, tomatoes and peas and sauté for a few min.
- 3 Add salt as per taste, cover pan with a lid and cook for about 5 min.

Nutritive Value

Per person

Calories	357
Protein (g)	12
Fat (g)	13
Carbohydrate (g)	47
Calcium (mg)	228
Iron (mg)	6
Vitamin A (mcg)	1632

- 4 Add water and let it boil.

- 5 Reduce to medium flame, add little sorghum flour at a time, stirring continuously with a ladle for 5 to 7 min. until the sorghum flour thickens and is cooked.



- 6 Garnish with coarse groundnut powder, raw oil, coriander leaves and serve hot.

29) NUTRITIOUS SWEET BALLS

There are many kinds of ladoos (sweet balls), let's learn how to make a nutritious one.

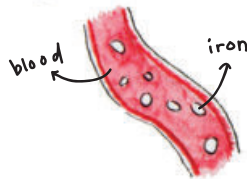
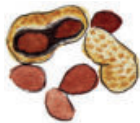
Serving: 15 sweet balls

Preparation Time: 15 min

Cooking Time: 25 min

Ingredients

- 150 g groundnuts
- 100 g sesame seeds
- 50 g roasted bengal gram
- 50 g wheat flour



Enrich your recipe:

Sesame seeds are rich in calcium, good for bone health. Instead of sugar, use jaggery to make it iron rich and nutritious. Mix flour (wheat flour & Bengal gram) to diversify it.

- 200 g jaggery



- 50 g ghee

Preparation

- 1 Clean, wash, dry thoroughly and gently roast the sesame seeds.
- 2 Roast groundnuts on a medium flame and remove the peels.



- 3 Make a coarse powder of the groundnuts and the roasted bengal gram in a mixer-grinder.

- 4 Grate jaggery to obtain a coarse powder.

Method

- 1 Heat ghee in a pan (kadai), & roast the wheat flour until you get the aroma of roasted wheat flour.
- 2 Empty the roasted flour into a bowl, add the roasted groundnut and bengal gram mix, jaggery and mix them well. Make small balls of about 1-2 inches in diameter.



- 3 Store in an airtight container when they are cooled down.



Nutritive Value

Per person

Calories	217.5
Protein (g)	6.2
Fat (g)	10.6
Carbohydrate (g)	23.9
Calcium (mg)	110.9
Iron (mg)	2.7
Vitamin A (mcg)	9.0

Tips/precautions

Do not over roast the wheat flour.

When adding the groundnut and bengal gram mix or jaggery, take care not to burn your hands.

30) CARROT PUDDING

Carrots are a good source of Vitamin A. We can add carrots to salads, make vegetable dishes & also use them in desserts.

Serving: 4 persons

Preparation Time: 10 min

Cooking Time: 60 min

Ingredients

- 250 g big carrots



- 2 litres milk

- 100 g sugar

- 100 g mava (kind of condensed milk)



Enrich your recipe:

Chia seeds are a good source of protein and vital nutrients.



- 20 g cardamom



- 1 tsp chia seeds

- 50 grams of assorted dry fruits (almonds, cashew nuts)

Preparation

- 1 Wash gently, scrape the outer skin and grate the carrots.



- 2 Grind the cardamom into fine powder

- 3 Chop the dry fruits.

Method

- 1 Boil the milk on a medium flame in a heavy bottom pan, stirring continuously until the volume of milk becomes half.
- 2 Add the grated carrots and chia seeds to this boiling milk.



- 3 After about 10 min. add the sugar, condensed milk or mava, dry fruits, cardamom powder and continue boiling for another 10 min.



- 4 Serve hot or cold as per your liking.

Nutritive Value

Per person

Calories	935.2
Protein (g)	23.7
Fat (g)	50.3
Carbohydrate (g)	96.9
Calcium (mg)	687.7
Iron (mg)	2.4
Vitamin A (mcg)	1733.4

Tips/precautions

Stir the milk continuously to prevent sticking on the bottom of the pan.

