

CHICKPEA SALAD

INGREDIENTS -

100 grams boiled chickpeas

Finely chopped onion, cucumber, tomato, cabbage, boiled potato, coriander, boiled corns

FOR FLAVOURING -

Black pepper 1/2 teaspoon

Chaat masala 1/2 teaspoon

Half lemon juice

Pomegranate grains half cup

METHOD -

Take a bowl.

Add all chopped veggies, corns.

Add black pepper, chaat masala, lemon juice, finely chopped coriander.

Give a good mix.

And voila, it's ready to enjoy.

This can be your morning breakfast or evening snacks.



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SOYA PANEER TIKKI

INGREDIENTS

50 gms paneer

20 gms Soya flour

1 tbsp besan/chickpea flour for binding

Half cup curd

Chopped cabbage, onion, capsicum, green chillies, ginger, coriander.

Grated Paneer

Half lemon juice

Salt, as per taste

METHOD -

Take a bowl,

Add Soya flour, besan flour, chopped veggies, grated paneer, curd and all spices and lemon juice.

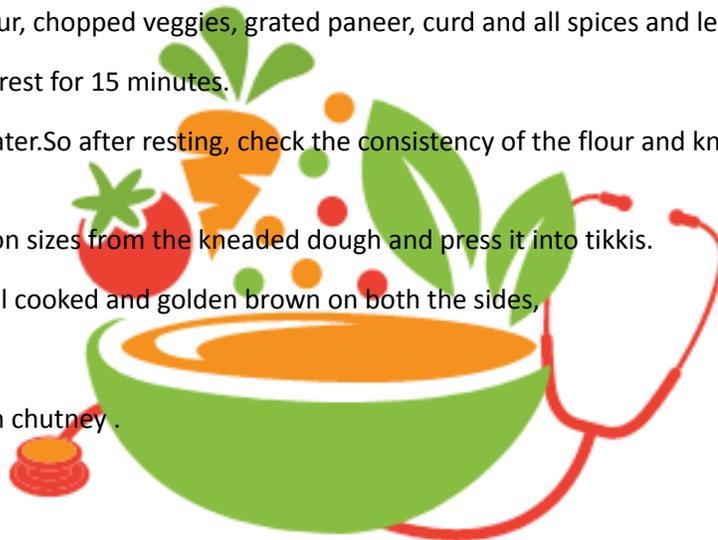
Knead a dough and let it rest for 15 minutes.

Soya flour soaks more water. So after resting, check the consistency of the flour and knead dough with extra water, if needed.

Now pull out small portion sizes from the kneaded dough and press it into tikkis.

And shallow fry, until well cooked and golden brown on both the sides,

Can be served with green chutney .



HIGH PROTEIN SOUP

INGREDIENTS

Yellow moong dal half cup

Yellow masoor dal half cup

Udad dal 1/4 cup

1 Onion, 1 tomato, 5-6 garlic, ginger 1/2 inch, 1 cup bottle gourd

Salt, turmeric, black pepper, half lemon juice, chopped coriander.

METHOD -

Pre-soak all dals for half an hour.

Now take all dals in cooker. Add coarsely chopped onion, tomato, garlic, ginger. Add salt and half spoon turmeric. Close the cooker lid and cook until 3 whistles. Once cooled down, mix with a hand-blender, sieve and add black pepper and water and give it a boil.

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Finally add lemon juice and chopped coriander.

MORINGA SOUP

INGREDIENTS

2-3 drumsticks

Onion, garlic, tomato, boiled corn, cabbage, coriander.

Sprouted moong, Bengal gram and moth beans

FLAVOURING

Salt, chaat masala, half lemon juice

METHOD

Take a cooker. Cut and add pieces of drumstick as a whole in the cooker along with tomato, onion, garlic. Add salt. Cover lid and cook until 4 whistles.

Open the cooker once cooled down. Transfer all the content from the cooker in a mixer jar. Blend it and sieve through a sieve. Now add water to make its consistency thick runny like a soup.

Add black pepper and let it boil. Finally add boiled corn, sprouts, chopped cabbage and coriander, chaat masala and lemon juice and mix well. Garnish with Chana chor garam and serve!

TOMATO-ONION FRY

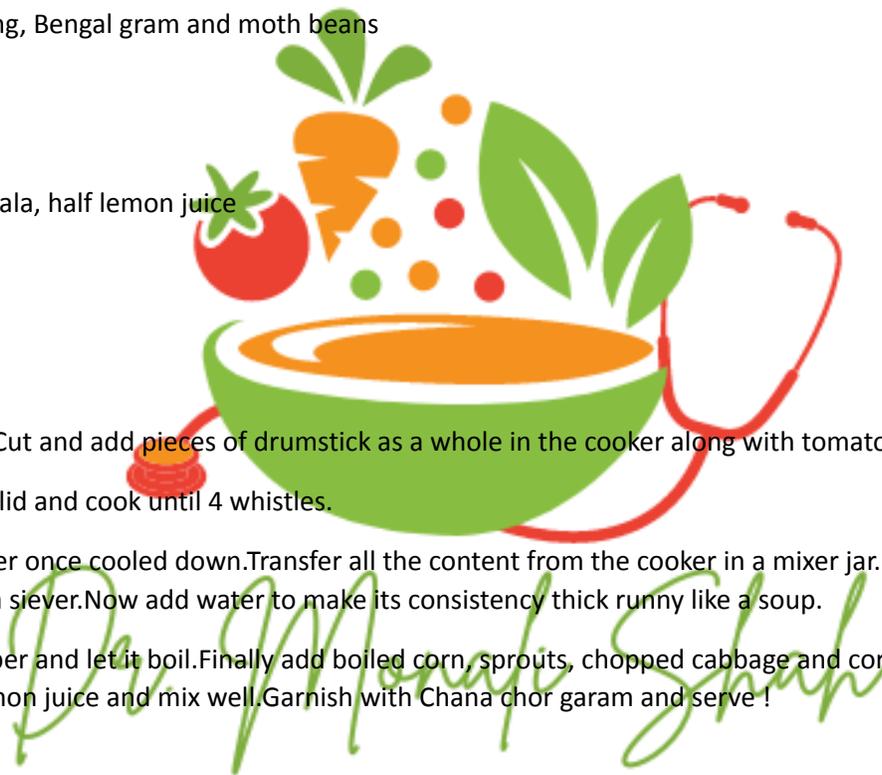
This is a mouth-watering salad that every Indian would feel tempted to make once for.

Take equal quantity of tomato and onion. Make 4 pieces of each tomato and onion and then finely slice them out.

Now add half a tea-spoon of oil and as the oil gets heated add onions first, saute them for a minute and then add tomatoes.

flavour this with salt and red chili powder.

Coriander is optional as per your choice.



CARROT - ONION - CABBAGE SALAD

Chop onion, cabbage and carrots into noodle shaped strings. Heat half tea-spoon oil in a pan, add mustard seeds and sesame seeds to it. let them pop. Once they start popping, lower the flame of the gas, add long chopped veggies. Sprinkle salt, lemon juice, finely chopped coriander, green chillies and crushed peanuts.

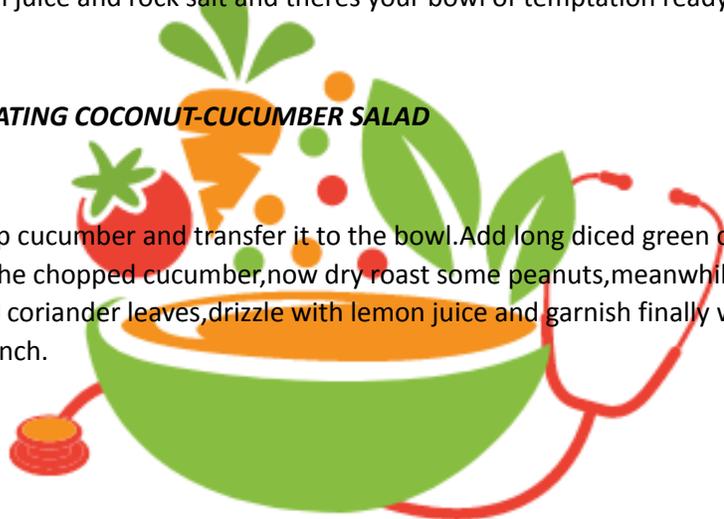
I am sure you will be definitely tempted to eat it.

MIX. VEGGIES SALAD

Mix finely chopped tomatoes, onions, cucumbers, raw mango, cabbage, chopped coriander, peanuts whole, drizzle with lemon juice and rock salt and there's your bowl of temptation ready.

REFRESHING AND HYDRATING COCONUT-CUCUMBER SALAD

wash, peel and finely chop cucumber and transfer it to the bowl. Add long diced green chillies, add some fresh grated coconut to the chopped cucumber, now dry roast some peanuts, meanwhile add pinch of rock salt, freshly chopped coriander leaves, drizzle with lemon juice and garnish finally with roasted peanuts. Peanuts add crunch.



LOW CARB SOYA SOUP

INGREDIENTS

boiled soya 1 cup

veggies

(corn, capsicum, carrot, beans) 2 cups

onion ¼

rice flour 2 tsp

1 spoon dry/fresh shredded coconut

garlic 4-5 pods

ginger

salt

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black pepper

oregano

water

METHOD -

Take boiled soya chunks and add them in a mixer jar along with shredded coconut. Blend this mixture to fine crush.

Now, heat 1 tsp oil in a pan. As the oil heats, add in curry leaves, grated ginger and garlic. saute for a while and then add in all the chopped veggies. sprinkle salt and let this cook for some time. Add rice flour and some water. Mix well and keep on stirring and add more water if required. Rice flour will help you thicken the slurry formed and hence we can skip using cornflour here.

keep stirring until the soup comes to a uniform consistency and add the soya-coconut crush that was kept aside. Add little more water, if needed. Finally add black pepper and Oregano to enhance the flavour.

Once ready, squeeze in lemon juice and serve !!

PANEER TIKKA DRY

INGREDIENTS -

Thick part of curd 4 tbsp.

Black pepper powder 1 tsp.

Roasted jeera powder 1 tsp.

Kashmiri red chilli powder 1tbsp.

Garam masala 1 tsp.

Rock salt 1 tsp.

Chaat masala 1tsp.

Kasuri methi 1 tsp crushed

Lemon juice 1 tbsp.

Sesame oil 2 tbsp.

Paneer 200 grams (divide into 16 pieces)

Large cut onions (16 pieces)



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Large cut capsicum (16 pieces)

METHOD -

MARINATION -

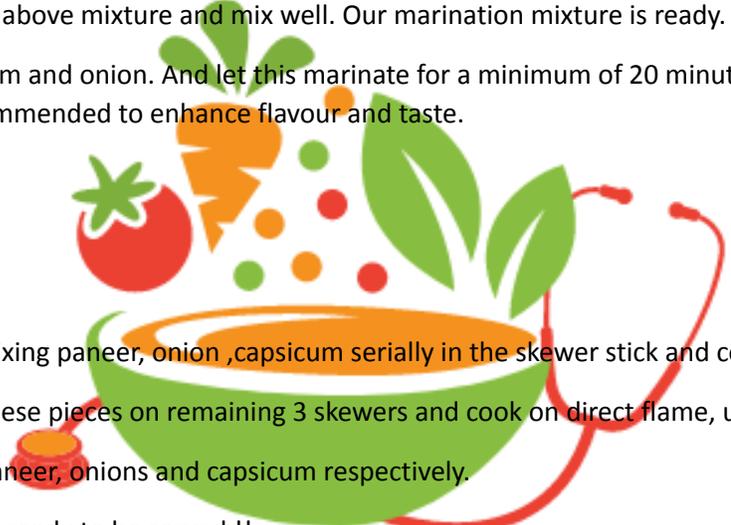
Take a large bowl. Put curd into it. Add lemon juice, black pepper powder, roasted jeera powder, chaat masala, garam masala, kashmiri red chilli powder, kasuri methi, rock salt. At the same time heat the sesame oil till fumes appear and let it get heated 10 secs after the fumes start appearing. Then add this heated sesame oil to the above mixture and mix well. Our marination mixture is ready. Now put in cut pieces of paneer, capsicum and onion. And let this marinate for a minimum of 20 minutes. Marination upto 1 to 2 hours is recommended to enhance flavour and taste.

After Marinating,

Take a skewer and start fixing paneer, onion ,capsicum serially in the skewer stick and continue till count of 4. Pierce similarly all these pieces on remaining 3 skewers and cook on direct flame, until black marks start appearing on the paneer, onions and capsicum respectively.

AND finally now, they are ready to be served !!

To avoid cooking on skewers, the marination can be directly grilled on a pan with butter or ghee. I recommend ghee for a healthier version. You can opt for ghee if you wish to enhance the flavour



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LOW FAT FALAFEL

INGREDIENTS -

Boiled chickpeas 1 large cup/ 200 grams

green chillies

1 chopped onion

5 cloves chopped garlic
small bowl of parsley/coriander
salt,
½ teaspoon roasted jeera powder
black pepper powder ¼ teaspoon
½ teaspoon lemon juice
2 teaspoon breadcrumbs / besan flour roasted
1-2 tablespoon water

METHOD -

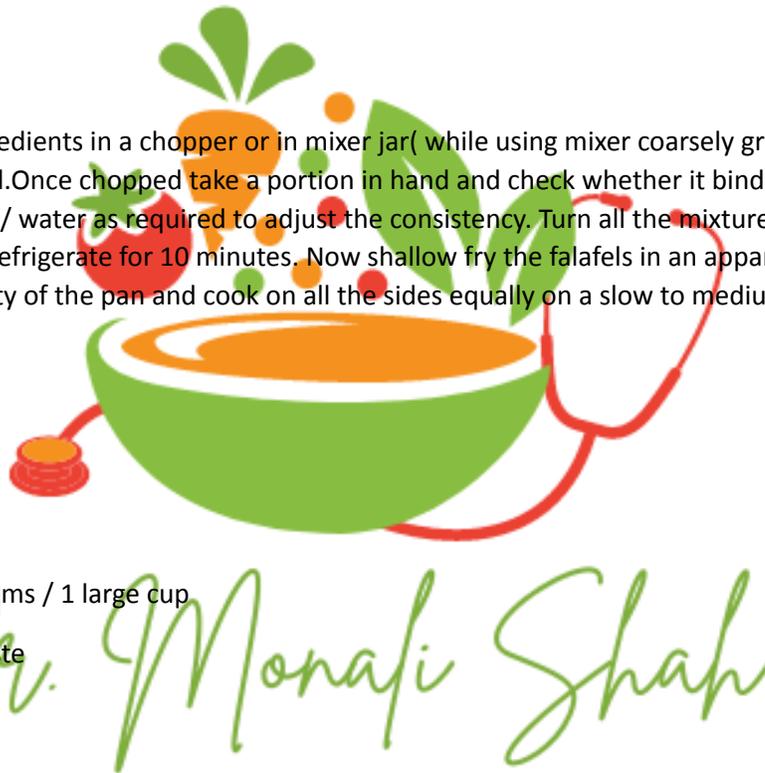
Take in all the above ingredients in a chopper or in mixer jar(while using mixer coarsely grind on pulse mode) and coarsely grind.Once chopped take a portion in hand and check whether it binds into falafel balls adjust breadcrumbs/ water as required to adjust the consistency. Turn all the mixture into balls of the same size and deep refrigerate for 10 minutes. Now shallow fry the falafels in an appam pan with very little oil in each cavity of the pan and cook on all the sides equally on a slow to medium flame.

HUMMUS

INGREDIENTS -

boiled chick peas 100 grams / 1 large cup
1.5 tablespoon tahini paste
½ inch ginger chopped
1 green chilli chopped
2 garlic cloves
1 tablespoon curd
1 teaspoon chilli flakes
half lemon juice
salt, as per taste

METHOD -



Take above mentioned ingredients all in a mixture jar. Add 1 tablespoon olive oil to this mixture and little water. Use water you used for soaking chickpeas.

So your hummus is ready. spread in a plate, give a spiral effect with the back of a spoon and sprinkle roasted jeera powder and chilli flakes over it.

You can serve this hummus with salad made up of finely chopped veggies like tomato, cucumber to make a healthier version. This step is completely optional.



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