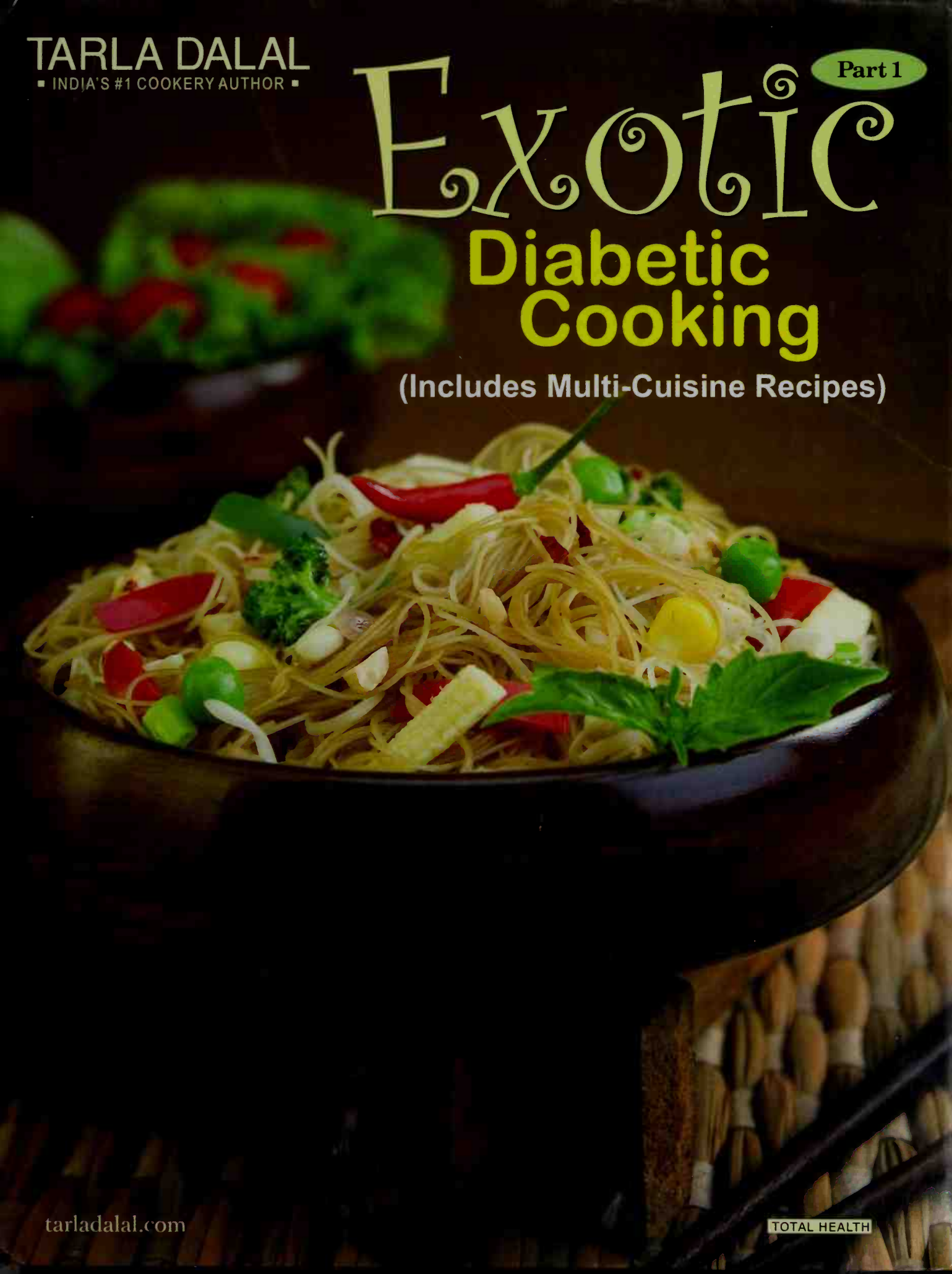
TARLA DALAL

▪ INDIA'S #1 COOKERY AUTHOR ▪

Part 1

Exotic Diabetic Cooking

(Includes Multi-Cuisine Recipes)



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TOTAL HEALTH

Part 1

Exotic Diabetic Cooking

(Includes Multi-Cuisine Recipes)

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▪ INDIA'S #1 COOKERY AUTHOR ▪

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Introduction

Millions of people worldwide live with the word "diabetes" disturbing their daily routines treating it with a dread undeserved for a health condition that merely requires a good understanding and relevant adjustments in lifestyle.

In general, a healthy lifestyle includes nutritious food, maintaining an ideal weight, and being physically active. Not surprisingly, healthy eating is an important part of managing diabetes too. Unfortunately, most people translate this to mean abstinence from all their favourite foods, and living on a bare diet where sweets, traditional treats and international cuisines barely find a place. Why, it is piteous that hosts hardly bother to serve diabetic-friendly treats even at parties!

While it is important for diabetics to control their diet to maintain a healthy blood glucose level, this certainly does not mean that one should feel guilty at the very thought of exotic food or delicacies from Mexican, Italian, Continental, and such cuisines.

"Exotic Diabetic Cooking" is a cookbook that offers a way to wheel your life back to a fun-filled, or should I say "food-filled" track, peppered with satiating and mouth-watering recipes from various cuisines. This book shows you how to prepare diabetic-friendly versions of luscious, exotic foods such as Vegetable Tortilla Soup, Antipasto Duo, Phadthai Noodles, Momos, Date and Apple Kheer, etc, in your own kitchen.

Bid goodbye to the many days when cooking seemed like a chore, no thanks to being allowed only boring and bland food! This cluster of 55 interesting and nutritious recipes from 6 different cuisines viz. Indian, Chinese, Mexican, Thai, Italian and Continental, is sure to make the task of cooking as delightful as the resulting food. Not only are these recipes simple to follow, they are also made using ingredients that are readily available in a regular kitchen. The end result is healthy food that is so delicious that non-diabetic members of the family will also enjoy it, thus doing away with the need to prepare 'special' food for a diabetic person. One step ahead, to help you to monitor the calorie intake, a crucial aspect of diabetic care, every recipe is supplemented with information regarding its protein, fat and carbohydrate content, the total calories per serving and a suggested serving size.

We have used certain ingredients like sugar, rice noodles etc, which are usually forbidden for diabetics, in restricted, healthy amounts in order to ensure that the dishes remain delicious and authentic, even while being healthy. That said, **I would recommend that such recipes be relished only occasionally and within the suggested serving quantity.** Remember that these recipes are formulated only to satisfy your craving for exotic dishes, which you would otherwise abstain from owing to their high calorie content. So, these cannot be substituted for your regular diet, they are merely occasional treats that enable you to relish all your favourites in moderate amounts without compromising on taste and health.

So, here you go, a collection of diabetic-friendly recipes befitting a feast! Enjoy yourself, but also remember that food is only a part of healthy living; fortify that with a beautiful mind and a positive mindset, and tiredness and illness can always be kept at bay!

Warm regards,

Tarla Dalal

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Mexican

Vegetable Tortilla Soup

Wow, that's a lot of ingredients in one recipe! But do not let that intimidate you. The more of these vegetables you include in this recipe, the more nutritious it is. In fact, you can just make use of whatever vegetables you have at home!

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

1 tsp oil
½ tsp finely chopped garlic (*lehsun*)
2 tbsp finely chopped celery
2 tbsp finely chopped spring onions (with the greens)
4 cups vegetable stock, page 92
2 tbsp sliced carrots
2 tbsp cooked sweet corn kernels (*makai ke dane*)
¼ cup soaked and cooked *rajma* (kidney beans)
Salt to taste
1 tsp cumin seeds (*jeera*) powder
1 tsp dry red chilli flakes (paprika)
2 tbsp chopped coriander (*dhania*)
4 tbsp crushed tortilla chips
8 tsp grated cheese

1. Heat the oil in a deep non-stick pan, add the garlic, celery and spring onions and sauté for 2 to 3 minutes on a medium flame, while stirring continuously.
2. Add the vegetable stock, carrots, corn, *rajma*, salt, cumin seeds powder, red chilli flakes and coriander, mix well and simmer for 5 to 7 minutes.
3. Just before serving, add the tortilla chips and cheese and mix gently.
   Serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 69 calories
Protein: 3.0 gm
Carbohydrates: 8.6 gm
Fat: 2.7 gm
Calcium: 75.9 mg
Fibre: 1.0 gm



Mixed Vegetable Salad

'Healthy salads' can sometimes be boring, and you might end up wishing for a richer dressing! But this one is sure to be a refreshing change. This healthy basket of veggies make a healthy, fibre-rich treat that helps regulate blood sugar levels. A perfect food to satisfy small hunger pangs and it keeps you away from binge-eating. I have used a sugar substitute in place of sugar and also used less oil in the dressing. Oregano and pepper impart a Mexican flavour to this salad. And the best part is, you do not have to necessarily abide by the selection of veggies used in this recipe, just go with whatever is handy!

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

To be mixed into a dressing
1 tsp olive oil or any other oil
1 tbsp lemon juice
1 tbsp chopped coriander (*dhania*)
2 tsp sugar substitute
½ tsp oregano
Salt and freshly ground pepper to taste

Other ingredients
1 cup shredded lettuce
½ cup sliced coloured capsicum (red, yellow and green)
½ cup sliced baby corn
½ cup bean sprouts
1 cup sliced carrots

1. Put the lettuce, capsicum and baby corn in a vesselful of ice-cold water for half an hour. This will make them crisp.
2. Drain, wrap in a muslin cloth and refrigerate till ready to use.
3. Just before serving, combine all the vegetables and the bean sprouts in a bowl, add the dressing and toss well. Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 48 calories
Protein: 2.0 gm
Carbohydrates: 7.1 gm
Fat: 1.5 gm
Vitamin A: 654.4 mcg
Vitamin C: 36.8 mg
Iron: 1.3 mg
Fibre: 1.1 gm





Mexican Skewers

This is, without a doubt, my favourite skewer recipe and I'm sure it will become yours too, if you try it just once! Usually skewers and kebabs require lot of oil for cooking, making them a 'prohibited' food for diabetics. No more crest-fallen faces! Here is a modified, healthy recipe with less oil and using nutrient-rich tofu which is easily available in the market. Those who suffer from diabetes are prone to infections, and require a high dose of immune-boosting nutrients like protein, vitamin C, calcium and iron. Ingredients like tofu, capsicum and mushroom provide a sufficient dose of these vital nutrients. Cooked on a non-stick pan with less oil, it is a perfect lip-smacking snack that can be had without worrying about an increasing waist-line or an angry look from the physician during your next health check-up!

Preparation Time: 10 minutes. **Cooking Time:** 25 minutes. **Makes** 6 skewers.

To be mixed into a marinade
1 tsp oil
½ tsp cocoa powder
1 tsp chilli powder
¼ tsp oregano
1¼ tsp garlic (*lehsun*) paste
Salt and freshly ground pepper to taste

Other ingredients
1 large onion, cut into 50 mm. (2") cubes
12 mushrooms (*khumbh*), stalks removed
½ yellow capsicum, cut into 50 mm. (2") cubes
½ red capsicum, cut into 50 mm. (2") cubes
½ green capsicum, cut into 50 mm. (2") cubes
½ cup *paneer* (cottage cheese) cubes
1½ tsp oil for cooking

1. Boil a vesselful of water, add the baby corn and mushrooms and simmer for 5 to 7 minutes. Drain and refresh using cold water. Keep aside.
2. Combine the baby corn, mushrooms, yellow, red and green capsicum and *paneer* together in a bowl, add the marinade, mix gently and keep aside for 15 to 20 minutes.
3. On a skewer, arrange one piece each of onion, mushroom, yellow, red and green capsicums and *paneer*.
4. Heat a non-stick *tava* (griddle) and cook the skewer on a medium flame using ¼ tsp of oil till the vegetables and *paneer* are light brown in colour from all the sides.
5. Repeat with the remaining ingredients to make 5 more skewers.
Serve hot.

NUTRITIVE VALUES PER SKEWER

Energy: 46 calories
Protein: 2.4 gm
Carbohydrates: 4.3 gm
Fat: 2.4 gm
Calcium: 39.3 mg
Iron: 1.5 mg
Vitamin C: 17.2 mg

Broccoli, Cheese and Chilli Quesadillas

Maize flour and whole wheat flour add a healthy twist to the tortilla tale! And I'm sure you'll love these as good taste comes with health! These tortillas can be made in bulk and stored in the deep-freezer and used when required. I have used an uncommon veggie like broccoli in this recipe, to harness its unique taste and nutrients like vitamins A, C and fibre. The stuffing is simple and easy-to-make, yet very delicious. Cheese is rich in protein and calcium but very fattening, hence I have only used it in moderate amounts, and that too I've used mozzarella cheese that is low in calories and fat compared to cooking cheese.

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Makes** 4 quesadillas.

8 tortillas, page 92

To be mixed into a stuffing
¾ cup blanched and finely chopped broccoli
½ cup grated mozzarella cheese
2 tsp finely chopped green chillies
Salt to taste

1. Divide the stuffing into 4 equal portions and keep aside.
2. Place a tortilla on a flat, dry surface, place a portion of the stuffing in the centre and spread it evenly.
3. Place another tortilla over the stuffing and press it lightly to seal the edges.
4. Cook on a non-stick *tava* (griddle) till both the sides are golden brown in colour.
5. Repeat with the remaining tortillas and stuffing to make 3 more quesadillas.
6. Cut each into 50 mm. (2") square pieces and serve hot.

NUTRITIVE VALUES PER QUESADILLA

Energy: 128 calories
Protein: 5.6 gm
Carbohydrates: 16.8 gm
Fat: 4.4 gm
Folic acid: 4.3 mcg
Zinc: 0.7 mg
Fibre: 1.1 gm



Huanciana Broccoli and Baby Corn

Here is an interesting way to truly enjoy and relish your favourite baked dish without compromising on health! I have given this dish a healthy turn by making it with a low cal sauce and low fat paneer... However, ensure you use absolutely fresh paneer to get the desired smooth and creamy texture. You can use any vegetables of your choice; however, I chose broccoli as it is rich in vitamin C, A, Calcium and other plant chemicals, which fight the free radicals that can cause damage to body cells. Both broccoli and baby corn are crunchy and blend well with the creamy sauce.

Preparation Time: 15 minutes. **Cooking Time:** 5 to 7 minutes. **Serves** 4.
Baking Temperature: 200°C (400°F). **Baking Time:** 15 minutes.

For the sauce
½ cup fresh low fat *paneer* (cottage cheese), page 93
2 tbsp low fat milk (99.7% fat-free, readily available in the market)
1 tsp finely chopped green chillies
Salt to taste

Other ingredients
1½ cups broccoli florets
1 cup baby corn, cut into halves lengthwise
1 tsp low fat butter
Salt and freshly ground pepper to taste
2 tbsp grated mozzarella cheese

For the sauce
1. Combine together the *paneer*, milk and 2 tbsp of water and blend in a mixer till smooth.
2. Add the green chillies and salt, mix well and keep aside.

How to proceed
1. Boil a vesselful of water, add the broccoli and baby corn and cook for 2 to 3 minutes.
2. Drain and refresh using cold water.
3. Heat the butter in a deep non-stick pan, add the broccoli, baby corn, salt and pepper, mix well and sauté on a medium flame for 2 to 3 minutes, while stirring continuously.
4. In a glass baking tray, spread the broccoli-baby corn mixture evenly at the bottom and pour the sauce evenly over it.
5. Sprinkle the cheese evenly on top and bake in a pre-heated oven at 200°C (400°F) for 10 minutes or till the cheese melts and turns light brown in colour.
   Serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 158 calories
Protein: 11.7 gm
Carbohydrates: 24.7 gm
Fat: 2.2 gm
Vitamin A: 688.0 mcg
Calcium: 382.5 mg



Mexican Kodri

Very similar in taste to rice but healthier, kodri can be used for an unlimited variety of recipes Mexican, Indian and others. The uniqueness of this dish is all thanks to the grinding of garlic and red chilli flakes in a mortar-pestle. Not to forget the splash of colours that the coloured capsicums bring in. It is a wholesome dish full of vegetables, kodri and rajma. And together this combination can give you a calcium and folic acid boost. You can add sweet corn too, as a variation.

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.
Soaking Time: 5 to 7 minutes.

½ cup *kodri*
2 to 3 cloves garlic (*lehsun*), peeled and roughly chopped
2 tsp dry red chilli flakes (paprika)
2 tsp oil
½ cup finely chopped spring onions (with the greens)
½ cup chopped coloured capsicum (red, yellow and green)
½ cup soaked and cooked *rajma* (kidney beans)
Salt to taste
2 tbsp finely chopped spring onion greens for the garnish

Kodri



1. Clean, wash and soak the *kodri* for 5 to 7 minutes and drain well.
2. Boil a vesselful of water, add the *kodri* and ½ tsp oil and simmer for 10 to 12 minutes or till the *kodri* gets cooked. Drain, refresh using cold water and keep aside.
3. Mix the garlic and red chilli flakes together in a mortar-pestle and pound till smooth. Keep aside.
4. Heat the oil in a non-stick *kadhai*, add the garlic-chilli paste and sauté for a minute, while stirring continuously.
5. Add the spring onions and capsicum and sauté on a medium flame for 2 to 3 minutes.
6. Add the *rajma* and salt, mix well and cook for a minute.
7. Add the *kodri*, mix well and cook for another 2 to 3 minutes, while stirring continuously.
   Serve hot garnished with spring onion greens.

Handy tip:

1. ½ cup of raw *kodri* when cooked in enough water, yields 2½ cups of cooked *kodri*.
2. **If *kodri* is not easily available, use broken wheat (*dalia*) or buckwheat (*kutto* or *kutti no daro*) instead.**

NUTRITIVE VALUES PER SERVING

Energy: 106 calories
Protein: 3.3 gm
Carbohydrates: 16.6 gm
Fat: 2.8 gm
Vitamin C: 24.5 mg
Calcium: 28.6 mg
Folic Acid: 2.2 mcg





Refreshco Regio

A perfect accompaniment to any meal! If doctors have tagged sugar-laden drinks with a 'no-no' for you, here's a diabetic-friendly drink made using healthy fruits and sugar-free soda. Fruits are rich in fibre, iron, and other vitamins like vitamin C and A, and contain natural fruit sugar that does not fluctuate blood sugar levels. The use of a sugar substitute makes it taste even better... however those who like it as it is can relish the drink even without a sweetener.

Preparation Time: 5 minutes.
Cooking Time: Nil.
Makes 6 glasses.

¼ cup finely chopped oranges
¼ cup finely chopped pineapple
¼ cup finely chopped strawberries
¼ cup finely chopped apples
2 tsp lemon juice
2 tsp sugar substitute
½ cup freshly squeezed pineapple juice
3 bottles plain soda

1. Combine the oranges, pineapple, strawberries, apples, lemon juice and sugar substitute in a bowl.
2. Divide the fruits into 6 equal portions.
3. In a glass, put a portion of the fruits and crush lightly using a pestle (*khalbhatta*) as shown in the picture below.
4. Add 1 tbsp of pineapple juice and pour ½ bottle of soda over it.
5. Repeat with the remaining ingredients to make 5 more glasses.
   Serve immediately.



NUTRITIVE VALUES PER GLASS

Energy: 27 calories
Protein: 0.2 gm
Carbohydrates: 6.0 gm
Fat: 0.1 gm
Iron: 1.1 mg
Vitamin C: 19.9 mg
Vitamin A: 88.5 mcg

Italian

Barley Vegetable Soup

The ideal way to start an Italian meal, this soup is loaded with health and taste. Fibre-rich barley is a key ingredient in this soup while the use of vegetable stock and other veggies enhances its health profile. Red chilli flakes spice up the soup, but always add it at the end else the soup becomes over spicy. Adding cheese to hot soup causes it to melt and mix in well with soup thereby pepping up the flavour - what more can I say, taste it and you'll believe me!

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

2 tsp oil
2 tbsp finely chopped onions
½ tsp finely chopped garlic (*lehsun*)
4 cups vegetable stock, page 92
2 tbsp chopped carrots
3 tbsp tomato purée
1 tbsp chopped tomatoes
Salt to taste
2 tbsp cooked barley (*jau*)
3 tbsp cooked macaroni
¼ cup finely chopped spinach (*palak*)
½ tsp oregano
½ tsp dry red chilli flakes (paprika)

For the garnish
1 tbsp grated mozarella cheese

1. Heat the oil in a deep non-stick pan, add the onions and garlic and sauté on a medium flame for 2 to 3 minutes, while stirring continuously.
2. Add the vegetable stock, carrots, tomato purée, tomatoes and salt, mix well and simmer for 5 to 7 minutes.
3. Add the barley and macaroni, mix well and simmer for another minute.
4. Remove from the flame, add the oregano and red chilli flakes and mix well. Serve immediately garnished with cheese.

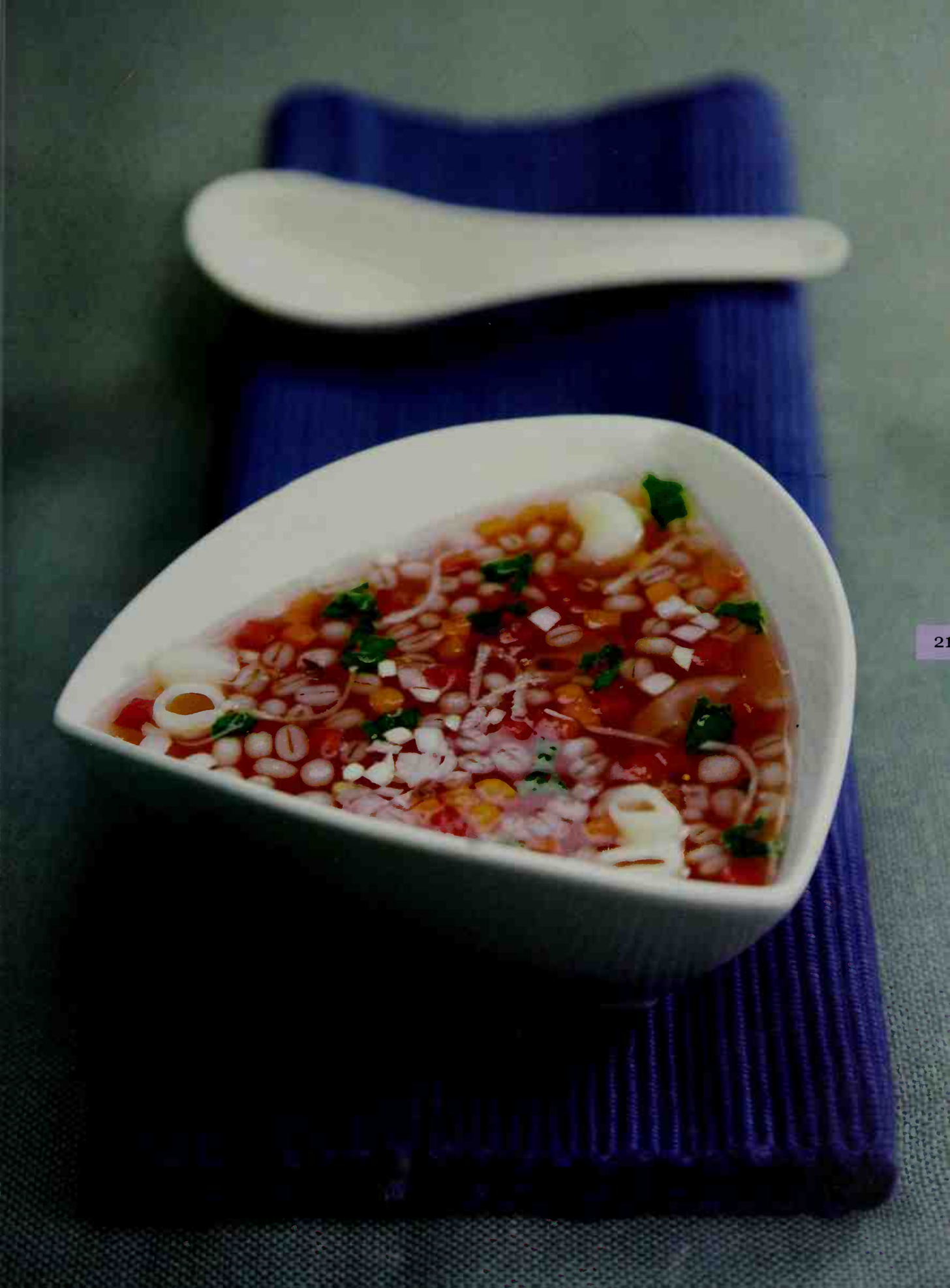
Handy tip: To cook barley and macaroni, boil a small vesselful of water, add the barley and macaroni and boil for 10 to 15 minutes or till they are cooked. Refresh them using cold water, strain and use as required.

Barley (*jau*)



NUTRITIVE VALUES PER SERVING

Energy: 83 calories
Protein: 2.4 gm
Carbohydrates: 10.1 gm
Fat: 3.7 gm
Calcium: 49.5 mg
Folic Acid: 13.6 mcg





Peach Lettuce Salad

An unusual combination of ingredients is the highlight of this salad. Though seemingly simple, the dressing creates magic when tossed in with the other ingredients. Cheese along with basil perks up the flavour of this dish, but I've used only a moderate amount of cheese to keep a check on the calories; alternatively, those who do not like cheese can replace it with low fat paneer, which tastes equally good. Usually canned peaches cooked in sugar syrup are used, but since that is forbidden for diabetics, I've used very little sugar to cook the peaches to match the taste while still restricting the sugar intake.

Preparation Time: 10 minutes. **Cooking Time:** 5 to 7 minutes. **Serves** 4.

To be mixed into a dressing
2 tsp olive oil / any other oil
1 tbsp lemon juice
Salt and freshly ground pepper to taste

Other ingredients
2 cups lettuce (iceberg, Cos lettuce etc.), torn into pieces
1 cup chopped peaches
2 tsp sugar
¼ cup chopped mozzarella cheese
10 to 15 fresh basil leaves, torn into pieces
3 bread sticks, broken into pieces

1. Put the lettuce in ice-cold water for half an hour. This will make them crisp.
2. Drain, wrap in a muslin cloth and refrigerate till ready to use.
3. Heat non-stick pan, add the peaches, sugar and 1 tbsp of water, mix well and cook on a medium flame for 5 to 7 minutes or till the liquid evaporates. Keep aside to cool.
4. Combine together the peaches, cheese and basil in a bowl, mix well and refrigerate to chill.
5. Just before serving, add the lettuce, bread sticks and the dressing over it and toss gently.
   Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 112 calories
Protein: 4.7 gm
Carbohydrates: 12.0 gm
Fat: 5.4 gm
Vitamin C: 12.9 mg
Calcium: 121.4 mg
Folic Acid: 0.9 mcg



Antipasto Duo

As the name suggests, this is a combination of two starters, ideally served before a main course of pasta! Both these starters are served together as a platter... the paneer is marinated in lemon juice and flavoured with honey and garlic while the vegetables are delectably drenched in herbs and lemon juice. Serve this platter with herbed pizza squares for a sumptuous starter. The interesting combination of lemon, honey and herbs in the dressing is what makes this starter and real five-starrer! However being a little high on the calorie and protein scale, it should be had in restricted serving size and as an occasional treat.

Preparation Time: 20 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

For the lemon honey marinated cottage cheese

1 tsp olive oil or any other oil
1 tsp honey
2 cloves garlic (*lehsun*), crushed
1 tsp lemon juice
2 pinches grated lemon rind
¼ tsp dried thyme
Salt and freshly ground pepper to taste
1 cup low fat *paneer* (cottage cheese), page 93, cut into 25 mm. (1") cubes

For the herb marinated capsicum and baby corn

1 medium red capsicum, cut into quarters and deseeded
1 medium green capsicum, cut into quarters and deseeded
1 tsp olive oil or any other oil
1 tbsp lemon juice
2 tsp finely chopped fresh basil
2 tsp finely chopped fresh parsley
Salt to taste
8 to 10 baby corn, cut into halves lengthwise and blanched

For the lemon honey marinated cottage cheese

1. Combine all the ingredients, except the *paneer,* in a bowl and mix well.
2. Add the *paneer* and toss well. Cover and refrigerate for about 2 to 3 hours.

For the herb marinated capsicum and baby corn

1. Heat a non-stick *tava* (griddle), place the capsicum skin side down and cook till the skin blisters and turns black.
2. Remove from the flame and keep aside covered with a damp kitchen towel for 5 minutes.
3. Peel away the skin and cut each capsicum piece into cubes. Keep aside.
4. Combine the oil, lemon juice, basil, parsley and salt together in a bowl and mix well.
5. Add the capsicum and baby corn, toss well and keep aside to marinate for at least 2 to 3 hours. Keep refrigerated.

How to proceed

Just before serving, arrange the lemon honey marinated cottage cheese and herb marinated capsicum and baby corn on a large serving platter.
Serve hot.

Handy tip: Remember to drain out the excess juices from all the marinated ingredients. However remember to drain only the excess and not all the juices, so that all the ingredients remain succulent.

NUTRITIVE VALUES PER SERVING

Energy: 256 calories
Protein: 18.6 gm
Carbohydrates: 40.5 gm
Fat: 3.6 gm
Vitamin A: 1381.2 mcg
Vitamin C: 74.0 mg
Iron: 1.0 mg
Fibre: 2.0 gm



Ratatouille with Herbed Kodri

Ratatouille is a famous vegetable delicacy from Italy, made using zucchini, brinjal and tomatoes. It is usually served with rice or pasta. For a change, I have served it with diabetic-friendly kodri flavoured with mixed herbs. Use fresh herbs as they are flavourful and aromatic and ensures the true taste of kodri. Rice has a high glycemic index and can raise the blood sugar levels quickly, which is why I have replaced it with fibre-rich kodri. If you do not find kodri easily, use broken wheat or buckwheat that are equally good. Rich in nutrients like calcium, iron and folic acid, this dish is a completely healthy meal indeed!

Preparation Time: 15 minutes. **Cooking Time:** 40 minutes. **Serves** 4.
Soaking Time: 5 to 7 minutes.

For the ratatouille
2 tsp olive oil or any other oil
2 tsp finely chopped garlic (*lehsun*)
¼ cup finely chopped onions
¼ cup finely copped capsicum
½ cup chopped zucchini
½ cup chopped brinjal (*baingan* / eggplant)
½ cup finely chopped tomatoes
Salt to taste
1 tbsp fresh tomato purée (readymade)
1 tbsp low fat cream (*malai*)
½ tsp dried oregano
¼ tsp dry red chilli flakes (paprika)

For the herbed *kodri*
1 cup *kodri*
1½ tsp oil
Salt to taste
2 tbsp finely chopped parsley
2 tbsp finely chopped celery
2 tbsp finely chopped fresh basil leaves

For the ratatouille

1. Heat the oil in a deep non-stick pan, add the garlic, onions and capsicum and sauté on a medium flame for 2 to 3 minutes, while stirring continuously.
2. Add the zucchini and brinjal, mix well and sauté for another 2 minutes.
3. Add the tomatoes, salt and ½ cup of water, mix well and simmer for 10 to 15 minutes or till the vegetables are cooked.
4. Add the tomato purée and cream, mix well and cook for 5 minutes.
5. Add the oregano and red chilli flakes and mix well. Keep aside.

For the herbed *kodri*

1. Clean, wash and soak the *kodri* for 5 to 7 minutes. Drain and keep aside.
2. Boil a vesselful of water, add the *kodri* and ½ tsp of oil and simmer for 10 to 12 minutes or till the *kodri* is cooked.
3. Drain and refresh using cold water.
4. Heat the remaining 1 tsp oil in a deep non-stick pan, add the *kodri* and salt and mix gently.
5. Add the parsley, celery and basil, mix gently and cook on a slow flame for 2 minutes, while stirring continuously. Keep aside.

How to proceed

Place the *kodri* on a serving plate, top with the ratatouille and serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 164 calories
Protein: 4.0 gm
Carbohydrates: 27.4 gm
Fat: 4.9 gm
Calcium: 77.2 mg
Iron: 1.3 mg
Folic Acid: 23.5 mcg
Fibre: 3.8 gm

Vegetable Penne

An Italian meal is incomplete without pasta and here is a luscious pasta recipe with loads of vegetables, whipped up especially for diabetics. Usually, pasta is high in calories as it is made using a generous quantity of cheese, but the health-conscious need not worry any more, as pasta can be made low calorie by using a moderate amount of mozzarella cheese and less oil. It can be made healthier too by using whole wheat pasta if it is easily available, however do not fret if it isn't - this recipe is fine by itself if had in moderate amounts occasionally.

Preparation Time: 5 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

1 tsp olive oil
1 cup finely chopped spring onion whites
2 tsp sliced garlic (*lehsun*)
½ cup blanched broccoli florets
½ cup blanched and sliced baby corn
½ cup sliced capsicum
½ cup blanched and sliced zucchini
½ cup cooked sweet corn kernels (*makai ke dane*)
Salt and freshly ground pepper to taste
3 cups cooked penne

For the garnish
3 tbsp grated mozzarella cheese

1. Heat the oil in a deep non-stick pan, add the spring onion whites and garlic and sauté for 4 to 5 minutes.
2. Add the broccoli, baby corn, capsicum, zucchini, corn, salt and pepper, toss well and sauté on a medium flame for another 2 to 3 minutes.
3. Add the penne and toss gently.
Serve hot garnished with cheese.

NUTRITIVE VALUES PER SERVING

Energy: 165 calories
Protein: 6.0 gm
Carbohydrates: 26.9 gm
Fat: 4.6 gm
Calcium: 60.5 mg
Iron: 1.3 mg
Folic Acid: 2.3 mcg



Cannelloni from East and West

Stuffed pasta-cannelloni topped with yummy tomato sauce and low calorie white sauce! Cannelloni is made from plain flour, which when consumed in excess or regularly can be bad for health - this is because the flour is refined and gets converted to sugar quickly, thereby fluctuating blood sugar levels. However, that is no reason to abstain from our favourite cannelloni! Simply mix in equal amounts of whole wheat flour to add a dose of fibre to help prevent the rise in blood sugar levels. Stuff this cannelloni with a filling of your choice and sit behind to enjoy this exotic dish. I have combined pineapple and paneer to pep up the bland taste of cannelloni, and used low fat milk, paneer and mozzarella cheese to further cut down on calories and fat.

Preparation Time: 20 minutes. **Cooking Time:** 30 minutes. **Serves** 4.
Baking Temperature: 200°C (400°F). **Baking Time:** 15 to 20 minutes.

For the cannelloni
¼ cup whole wheat flour (*gehun ka atta*)
¼ cup plain flour (*maida*)
1 tsp oil
Salt to taste
Whole wheat flour (*gehun ka atta*) for rolling

For the stuffing
2 tsp oil
½ cup finely chopped onions
1 tsp finely chopped green chillies
½ cup chopped low fat *paneer* (cottage cheese), page 93
1 cup finely chopped pineapple
Salt to taste

For the tomato sauce
1 tsp oil
½ cup chopped onions
2 tsp crushed garlic (*lehsun*)
3 cups blanched and grated tomatoes
1 tsp sugar
½ tsp chilli powder
½ tsp oregano
2 tbsp low fat cream
Salt to taste

Other ingredients
1 cup low fat white sauce, page 95, for baking
2 tbsp grated mozzarella cheese for baking

For the canneloni
1. Combine the whole wheat flour, plain flour, ½ tsp of oil and salt together all the ingredients in a bowl and knead into a soft dough using enough water. Keep aside for 20 minutes covered with a damp muslin cloth.

2. Knead again till smooth and divide it into 8 equal portions.
3. Roll out each portion into 100 mm. (4") diameter thin circle using a little flour for rolling.
4. Boil a vesselful of water, add the remaining ½ tsp of oil and when it starts boiling, drop one circle at a time, cook for ½ minute and remove. Refresh using cold water. Keep aside.

For the stuffing

1. Heat the oil in another non-stick pan, add the onions and sauté for 5 minutes, while stirring continuously.
2. Add the green chillies, *paneer,* pineapple and salt, mix well and cook for another minute. Keep aside.

For the tomato sauce

1. Heat the oil in a deep non-stick pan, add the onions and garlic and sauté for 5 minutes.
2. Add the tomatoes and 2 tbsp of water and cook for 10 minutes. Keep aside to cool.
3. Blend in a mixer till smooth.
4. Add the sugar, chilli powder, oregano, low fat cream and salt and mix well.
5. Divide the tomato sauce into 2 equal portions and keep aside.

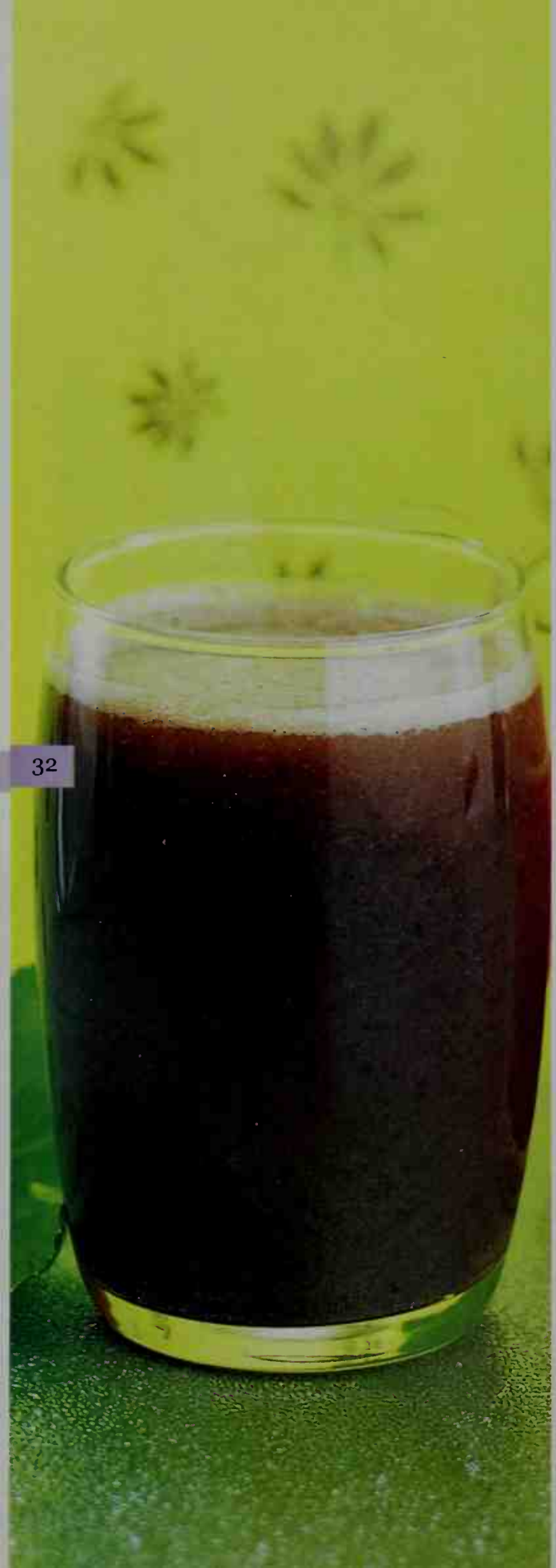
How to proceed

1. Divide the stuffing into 8 equal portions and keep aside.
2. Drain the cooked pasta circles and discard the water.
3. Place a cooked pasta circle on a flat, dry surface, place a portion of the stuffing on one side and roll it up tightly.
4. Repeat with the remaining pasta circles and stuffing to make 7 more stuffed cannelloni.
5. Spread one portion of the tomato sauce evenly in a glass-baking tray and arrange the stuffed cannelloni over it. You can use a plate too as shown in the picture.
6. Pour the remaining tomato sauce on top and spread it evenly.
7. Finally top it with the white sauce and sprinkle the cheese over it.
8. Bake in a pre-heated oven at 200°C (400°F) for 10 to 15 minutes or till the cheese melts.
   Serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 273 calories
Protein: 13.5 gm
Carbohydrates: 38.7 gm
Fat: 7.1 gm
Vitamin A: 1361.2 mcg
Folic Acid: 57.9 mcg
Fibre: 2.1 gm





Grape Surprise

Fruits contain fruit sugar or 'fructose' which does not raise blood sugar levels unlike other form of sugar like table sugar, glucose, honey etc. Opt for these kind of drinks to satisfy your sweet tooth instead of sugar laden sweets. Grapes are also rich in antioxidants, cancer-fighting flavonoids and vitamin C. Not to forget that the apples and oranges add their share of substance, flavour and nutrients to this drink, making it a pleasant surprise to your taste-buds and health!

Preparation Time: A few minutes.
Cooking Time: Nil.
Makes 4 glasses.

½ cup fresh black grape juice
¾ cup chopped apples
1 cup chopped orange segments
4 tsp sugar substitute
2 tsp lemon juice
2 bottles soda

1. Combine the grape juice, apples, oranges, sugar substitute and lemon juice in a mixer and blend till smooth.
2. Pour into 4 individual glasses and top each glass with ½ bottle of soda.
   Serve immediately.

NUTRITIVE VALUES PER GLASS

Energy: 85 calories
Protein: 0.7 gm
Carbohydrates: 19.6 gm
Fat: 0.4 gm
Vitamin C: 15.0 mg
Fibre: 2.4 gm

Thai



Hot and Sour Soup

The all-time favourite hot and sour soup makes a stunning comeback, in an even healthier form! The beauty of this soup is not just in the method of making it but also in the way it is served. The flavours of lemon grass and coriander should be extracted well by boiling them; lemon grass is very specific to Thai cooking and imparts its refreshing flavour to the dish. Pouring hot soup over the spring onions, carrots and coriander helps release their flavours besides cooking them slightly. Keep in mind that seasoning cubes already contain salt, therefore, extra salt should be added finally, and only if required. This tasty soup that can be relished often as it is absolutely low in calories and made without using a single drop of oil.

Preparation Time: 15 minutes. **Cooking Time:** 30 minutes. **Serves** 4.

5 stalks lemon grass (*hare chai ki patti*)
10 stalks coriander (*dhania*)
1 seasoning cube (veg.)
7 cloves garlic (*lehsun*), crushed
25 mm (1") piece ginger (*adrak*), cut into big pieces
3 green chillies, slit
6 to 7 mushrooms (*khumbh*), sliced
¼ cup sliced baby corn
Salt to taste
1 tsp lemon juice

For serving
2 tbsp finely chopped spring onions
2 tbsp chopped coriander (*dhania*)
2 tbsp carrots, cut into thin strips

1. Tie the lemon grass stalks and coriander together using some lemon grass. Keep aside.
2. Boil 5 cups of water in a deep pan, add the seasoning cube, garlic, ginger and lemon grass-coriander bunch, cover and simmer for 15 minutes or till the mixture releases aroma.
3. Strain and discard the garlic, ginger, lemon grass-coriander bunch. Reserve the liquid.
4. Add the green chillies, mushrooms, baby corn and salt to the liquid, mix well, cover with a lid and simmer for another 5 minutes.
5. Add the lemon juice and mix well.
6. Just before serving, place the spring onions, coriander and carrot in a serving bowl and pour the hot soup over them.
   Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 18 calories
Protein: 0.8 gm
Carbohydrates: 3.8 gm
Fat: 0.1 gm
Calcium: 18.8 mg

Green Papaya Salad

A very famous salad from the Thai culinary repertoire, this is made using raw papaya, flavoured with tamarind pulp, soya sauce and chilli powder. This is the perfect example of 'simple yet delicious' food! Peanuts are high in calories and fat, however it is a key ingredient that enhances the unique flavour of this salad, therefore I've added it in moderate amounts. It is important to wash and store the grated papaya refrigerated, wrapped in a muslin cloth. A blend of sweet and tangy flavours makes this salad a must-try. Tamarind and lemon juice impart tanginess whereas the sugar substitute balances this. What's more, this salad is a real health booster, since raw papaya is rich in calcium, vitamin A and C!

Preparation Time: 15 to 20 minutes. **Cooking Time:** Nil. **Serves** 6.

2 tsp crushed green chillies
2 tsp sugar substitute
1 tsp tamarind (*imli*) pulp
1 tsp chilli powder
2 tsp soya sauce
2 tsp lemon juice
2 tbsp chopped coriander (*dhania*)
Salt to taste
3 cups grated raw papaya
¾ cup thinly sliced tomatoes
2 tbsp roasted and powdered peanuts

1. Combine the green chillies, sugar substitute, tamarind pulp, chilli powder, soya sauce, lemon juice, coriander and salt together and pound using a mortar-pestle (*khalbhatta*) to a coarse paste. Keep aside.
2. Put the raw papaya in ice-cold water for half an hour. This will make it crisp.
3. Drain, wrap in a muslin cloth and refrigerate till ready to use.
4. Just before serving, combine all the ingredients together in a serving bowl and toss well.
   Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 56 calories
Protein: 2.5 gm
Carbohydrates: 7.2 gm
Fat: 2.4 gm
Calcium: 23.5 mg
Vitamin A: 929.8 mcg
Vitamin C: 32.7 mg



Lettuce Wraps

This recipe goes to prove that healthy food can also be fun and interesting! Veggies are stuffed in small lettuce squares that are rolled up to make wraps. While that is tempting in itself, the use of ginger and garlic further enhances the flavour of this vegetable-loaded dish, while tofu and bean sprouts are health boosters. Soya sauce is a processed food that is high in sodium and preservatives; hence I have used just 1 tsp to flavour the filling. Red chilli flakes spice up the flavour but you can modify the quantity used as per your liking. So, here we go, another low calorie snack that can be had without any guilt or fear of an increasing waistline!

Preparation Time: 10 minutes. **Cooking Time:** 15 minutes. **Makes** 6 wraps.

For the stuffing
2 tsp oil
2 tsp finely chopped garlic (*lehsun*)
1 tsp finely chopped galangal / ginger (*adrak*)
¼ cup chopped spring onions (with the greens)
¼ cup chopped mushrooms (*khumbh*)
¼ cup finely chopped carrots
¼ cup finely chopped cabbage
¼ cup chopped bean sprouts
¼ cup chopped tofu (bean curd / soya *paneer*)
½ tsp lemon juice
1 tsp soya sauce
Salt to taste
¼ tsp dry red chilli flakes (paprika)

Other ingredients
6 lettuce leaves
1 tbsp roasted and coarsely ground peanuts
2 tbsp finely chopped fresh basil leaves for serving

For the stuffing
1. Heat the oil in a non-stick *kadhai,* add the garlic, ginger and spring onions and sauté till the onions turn translucent.
2. Add the mushrooms, carrots and cabbage, mix well and sauté on a medium flame for 2 to 3 minutes.
3. Add the bean sprouts, tofu, lemon juice, soya sauce, salt and red chilli flakes, mix gently and sauté on a medium flame for another minute. Keep aside to cool.
4. Divide the stuffing into 6 equal portions and keep aside.

How to proceed
1. Wash the lettuce leaves, dry them on a towel and keep aside.
2. Place a lettuce leaf on a clean, flat surface and place a portion of the stuffing along one side of the leaf.
3. Add ½ tsp of peanuts and ½ tsp of basil over the stuffing, roll it up gently and secure the roll by inserting a toothpick or tie using a spring onion green.
4. Repeat with the remaining ingredients to make 5 more wraps.
   Serve immediately.

NUTRITIVE VALUES PER WRAP
Energy: 36 calories
Protein: 1.8 gm
Carbohydrates: 2.6 gm
Fat: 2.2 gm
Calcium: 36.2 mg
Iron: 1.2 mg



Thai Pineapple Kodri

An authentic Thai yellow curry paste made with lemon grass lends its magic to this pineapple kodri. An exotic and interesting recipe that is quite a favourite with me - but not too 'lean', if you know what I mean! So, whip this up as a treat only when your blood sugar levels are within control. Select a fully-ripe pineapple as it will cook faster and taste better. Thai cooking is incomplete without coconut and coconut milk. Both these are high in calories and on the forbidden ingredients list of diabetics; however in order to get the original Thai flavour in dishes, I have used a small quantity (¼ cup) of coconut milk.

Preparation Time: 25 minutes. **Cooking Time:** 20 minutes. **Serves** 4.

To be ground into curry paste
2 stalks lemon grass (*hare chai ki patti*), finely chopped
1 tbsp roasted cumin seeds (*jeera*)
1 tbsp roasted coriander (*dhania*) seeds
½ tbsp grated ginger (*adrak*)
2 whole dry Kashmiri red chillies, deseeded
2 cloves garlic (*lehsun*)
½ small onion, quartered
½ tsp turmeric powder (*haldi*)
Salt to taste

Other ingredients
2 tsp oil
½ cup chopped onions
1 tsp finely chopped green chillies
2 cups finely chopped fresh pineapple
¼ cup coconut milk
2 tsp chopped raisins (*kismis*)
1 tsp sugar substitute
Salt to taste
2½ cups cooked *kodri*, page 16

For the garnish
4 lemon slices
2 cashewnuts (*kaju*), cut into halves

1. Heat the oil in a non-stick *kadhai*, add the onions and green chillies and sauté on a medium flame till the onions turn translucent.
2. Add the curry paste and sauté for a minute.
3. Add the pineapple, coconut milk, raisins, sugar substitute and salt, mix well and cook on a medium flame for 8 to 10 minutes, while stirring gently.
4. Add the *kodri*, mix gently and cook for another minute.
   Serve hot garnished with lemon slices and cashewnuts.

NUTRITIVE VALUES PER SERVING
Energy: 173 calories
Protein: 2.4 gm
Carbohydrates: 24.6 gm
Fat: 7.2 gm
Calcium: 35.0 mg
Iron: 2.5 mg
Fibre: 2.1 gm

Phadthai Noodles

Made in a jiffy, this recipe is a good bet for any party. Tofu and bean sprouts generously boost the good-health quotient of this dish. Not to forget that I've used sugar substitutes instead of sugar. All of which makes this a safe venture for diabetics too! Preferably, use whole wheat noodles in the place of maida noodles. For those who have high blood pressure, high sodium foods like soya sauce should be restricted; hence I have used only 1 tsp of it. Combine the noodles with a vegetable gravy dish for a complete meal combo.

Preparation Time: 10 minutes. **Cooking Time:** 5 minutes. **Serves** 4.

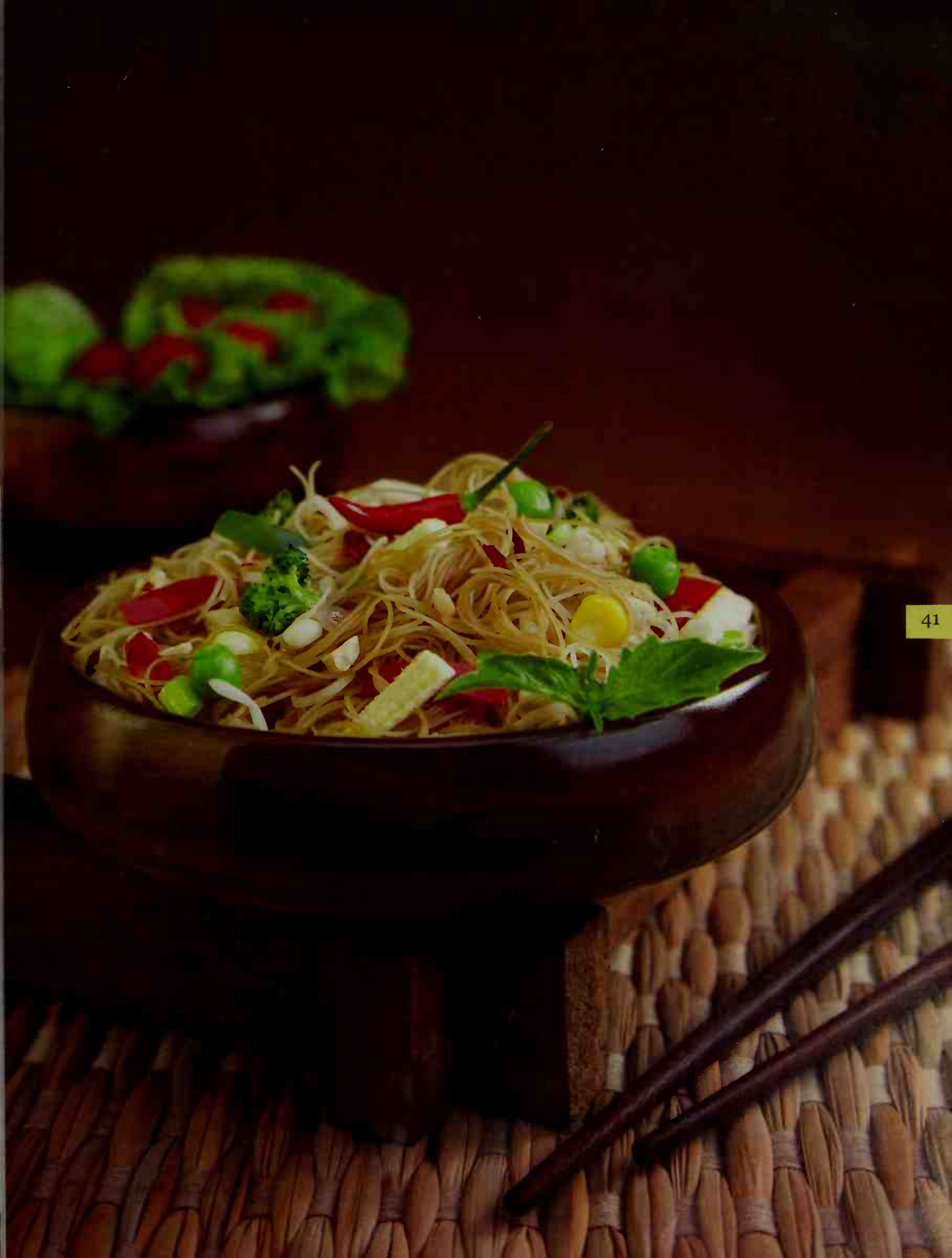
2 tsp oil
2 tsp finely chopped garlic (*lehsun*)
½ cup tofu (bean curd/ soya *paneer*) cubes
½ cup chopped spring onions (with the greens)
1 cup bean sprouts
2 tbsp roasted and coarsely ground peanuts
3 cups cooked rice noodles, refer handy tip
¾ tsp dry red chilli flakes (paprika)
1 tsp sugar substitute
1 tsp soya sauce
1 tbsp lemon juice
Salt to taste

1. Heat the oil in a deep non-stick pan, add the garlic and sauté on a high flame for a minute, while stirring continuously.
2. Add the all the remaining ingredients toss well and cook on a medium flame for another minute.
   Serve hot.

Handy tip: To cook 3 cups of rice noodles, soak ¾ packet of raw rice noodles in boiling hot water for 10 to 15 minutes or as the instructions on the package specify. Drain the water and immerse in cold water in order to arrest any further cooking. Drain and use as required.

NUTRITIVE VALUES PER SERVING

Energy: 179 calories
Protein: 9.3 gm
Carbohydrates: 20.5 gm
Fat: 6.5 gm
Calcium: 92.3 mg
Iron: 3.1 mg
Fibre: 2.3 gm



Curry of Tofu, Mushrooms and Vegetables

The true highlight of this dish is the paste that is made using red chillies, onions and other well-chosen ingredients. You can make it fresh for a better taste; or to save time, you can make it in bulk and deep-freeze to use as and when required. A basket of creatively-combined ingredients make it a delight for the taste-buds. If you do not like tofu, you can replace it with low fat paneer. Thai cooking is incomplete without coconut milk but as a matter of fact it is high in fat; I have therefore restricted its use to ½ cup as compared to the original recipe that calls for almost 3 times more. Another key ingredient in Thai cooking is lemon grass, which can be used liberally without any fear of calories… this is the secret behind the refreshing touch of most Thai recipes.

Preparation Time: 20 minutes. **Cooking Time:** 20 minutes. **Serves** 6.

To be ground into a paste
4 whole dry Kashmiri red chillies, broken into pieces
¼ cup sliced onions
5 cloves garlic (*lehsun*)
½ tsp cumin seeds (*jeera*)
2 tsp coriander (*dhania*) seeds
5 peppercorns
1 tsp grated ginger (*adrak*)
3 tbsp roughly chopped coriander (*dhania*)
2 tsp lemon juice
1 tbsp sugar substitute
Salt to taste

Other ingredients
2 tsp oil
½ cup coconut milk
½ cup low fat milk (99.7% fat-free, readily available in the market)
6 to 8 mushrooms (*khumbh*), blanched
½ cup boiled green peas
½ cup carrots, cut into strips and blanched
½ cup thinly sliced and blanched French beans
1 cup tofu (bean curd/ soya *paneer*) cubes
¼ cup finely chopped basil leaves
2 tsp soya sauce
1 small bundle lemon grass (*hare chai ki patti*), tied well
½ tsp lemon rind
2 tsp lemon juice
Salt to taste

1. Heat the oil in a deep non-stick pan, add the coconut milk, milk and the prepared paste, mix well and cook on a medium flame for 4 to 5 minutes or till the mixture releases aroma.
2. Add the mushrooms, green peas, carrots, French beans, tofu, basil leaves, soya sauce, lemon grass bundle, lemon rind, lemon juice and salt and mix gently.
3. Simmer for 10 to 15 minutes till the lemon grass releases its juices.
4. Discard the lemon grass bundle and serve hot.

NUTRITIVE VALUES PER SERVING
Energy: 130 calories
Protein: 5.5 gm
Carbohydrates: 8.2 gm
Fat: 8.8 gm
Calcium: 121.3 mg
Iron: 3.0 mg
Fibre: 1.5 gm





Lemon Grass Infusion Drink

Frankly, there seems to be nothing novel about the ingredients used in this drink. It is just a traditional combination of hare chai ki patti, pudina and lemonade! But, simple as it sounds, this quick-fix drink is just the right beverage to complement a Thai meal. Relish this drink chilled, with lots of ice cubes. Aerated drinks (with sugar added) give you nothing but empty calories, but this drink uses sugar-free soda and sugar substitutes, making it a much better choice for diabetics.

Preparation Time: 5 minutes.
Cooking Time: 10 minutes.
Makes 4 glasses.

1 cup finely chopped lemon grass (*hare chai ki patti*)
1 cup finely chopped mint leaves (*phudina*)
2 tbsp sugar substitute
½ tbsp lemon juice
4 glasses of plain soda

For serving
A few ice-cubes

1. Combine the lemon grass, mint leaves, sugar substitute and ½ cup of water in a deep pan, mix well and bring it to boil. Keep aside to cool.
2. When cool, blend in a mixer till smooth, strain though a muslin cloth to get an infusion and keep aside.
3. Add the sugar substitute and lemon juice and mix well. Divide it into 4 equal portions and keep aside.
4. Place a few ice-cubes into 4 individual glasses and pour a portion of the prepared infusion in each glass.
5. Top with a glass of the soda in each glass and mix gently.
   Serve immediately.

NUTRITIVE VALUES PER GLASS

Energy: 5 calories
Protein: 0.4 gm
Carbohydrates: 0.6 gm
Fat: 0.1 gm
Iron: 1.2 mg



Indian



Palak Shorba

A typical Indian meal starts with traditionally-flavoured soups like tomato soup or shorbas. This is one such, which tops my list of favourites. Healthy and colourful spinach is combined with low fat milk and flavoured with garlic, ginger and chillies. Milk makes the soup aesthetically mild and well-flavoured while pepper and green chillies spice up an otherwise simple soup.

Preparation Time: 15 minutes. **Cooking Time:** 15 minutes. **Serves** 4.

4 cups chopped spinach *(palak)*
2 tbsp mint leaves (*phudina*)
2 to 3 green chillies, roughly chopped
1 cup low fat milk (99.7% fat-free, readily available in the market)
Salt to taste
1 tsp freshly ground pepper
1 tsp lemon juice
2 tsp ghee
1 tbsp crushed garlic (*lehsun*)

For the garnish
1 tbsp ginger juliennes

1. Boil 2 cups of water in a deep pan, add the spinach and cook for 3 to 4 minutes. Keep aside and allow to cool.
2. When cool, add the mint leaves and green chillies and blend in a mixer to a smooth purée.
3. Transfer it into a pan, add the milk and bring to boil.
4. Add the salt, pepper and lemon juice and mix well.
5. For the tempering, heat the ghee in a small pan, add the garlic and sauté on a medium flame till it turns golden brown in colour, while stirring continuously.
6. Add the tempering to the spinach mixture. Mix well and simmer for another 2 to 3 minutes.
   Serve hot garnished with ginger juliennes.

NUTRITIVE VALUES PER SERVING

Energy: 48 calories
Protein: 3.2 gm
Carbohydrates: 4.8 gm
Fat: 1.7 gm
Iron: 1.1 mg
Folic Acid: 85.9 mcg
Fibre: 0.5 gm

Methi Dhal Koshimbir

What do you get when you add up taste and good health, plus more taste and more good health, and more, and more? You leave the diners asking for more! And that is precisely the effect this side-dish is likely to achieve. This is a special snack recommended for diabetics, as methi has soluble fibre that help in regulating blood glucose levels and also expel extra cholesterol from the body. To mellow down the taste of methi, which everybody may not relish, I have added moong dal, cucumber and sugar (just ½ tsp though!) You can also add pomegranate seeds and tomatoes to vary the taste.

Preparation Time: 10 minutes. **Cooking Time:** Nil. **Serves** 4. **Soaking Time:** 2 to 3 hours.

1 cup green *moong dal* (split green gram)
1 cup finely chopped tender small fenugreek (*methi*) leaves with the stalks
2 green chillies, slit
½ cup finely chopped cucumber
1 tbsp lemon juice
Salt to taste
½ tsp sugar
1 tbsp chopped coconut
3 tbsp finely chopped coriander (*dhania*)

1. Clean, wash and soak the *moong dal* in enough water for atleast 2 to 3 hours. Drain and discard the excess water.
2. Combine the *moong dal* along with 2 cups of water in a deep pan and cook on a medium flame for 10 to 12 minutes or till the *dal* is cooked. Drain and keep aside to cool.
3. Add the fenugreek leaves, green chillies, cucumber, lemon juice, salt, sugar, coconut and coriander and toss well.

Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 156 calories
Protein: 9.9 gm
Carbohydrates: 25.2 gm
Fat: 1.8 gm
Iron: 1.8
Folic Acid: 56.3 mcg
Zinc: 1.1 mg



Vegetable Corn Bake

This versatile multipurpose dish can do wonders to satiate snack-time hunger pangs, or serve as a starter or even a meal in itself! besan is beneficial for diabetics as it has a low glycemic index, and when combined with loads of veggies one gets an added fibre boost. This dish is baked and so the worries associated with frying are eradicated. With lesser calories and fat, this is a must-have dish. Do not become depressed if you do not have an oven; simply use a non-stick kadhai - the result is as crisp and tasty as the baked one.

Preparation Time: 10 minutes. **Cooking Time:** Nil. **Serves** 4 (Makes 16 pieces).
Baking Temperature: 180°C (360°F). **Baking Time:** 25 to 30 minutes.

1 cup *besan* (Bengal gram flour)
¼ cup crushed sweet corn kernels (*makai ke dane*)
¼ cup grated cabbage
¼ cup shredded spinach (*palak*)
¼ cup grated carrots
1 tsp ginger-green chilli paste
Salt to taste
½ tsp sugar
2 tbsp finely chopped coriander (*dhania*)
1 tsp fruit salt
¼ tsp oil for greasing
1 tsp oil for cooking
½ tsp mustard seeds (*rai / sarson*)
1 tsp sesame seeds (*til*)
A pinch asafoetida (*hing*)

For the garnish
1 tbsp finely chopped coriander (*dhania*)

1. Combine the *besan*, corn, cabbage, spinach, carrots, ginger-green chilli paste, salt, sugar, coriander and ¼ cup of water together in a bowl and mix well.
2. Add the fruit salt and sprinkle some water over it. When the bubbles form, mix gently.
3. Pour the batter into a greased 150 mm (6") diameter oven-proof baking dish and bake in a pre-heated oven at 180°C (360°F) for 20 to 25 minutes. Keep aside.
4. For the tempering, heat the oil in a small non-stick pan and add the mustard seeds.
5. When the seeds crackle, add the sesame seeds and asafoetida and sauté for a second.
6. Remove from the flame, add 2 tbsp of water and pour over the vegetable corn bake.
7. When cool, cut into 16 equal portions. Serve immediately garnished with the coriander.

NUTRITIVE VALUES PER SERVING

Energy: 108 calories
Protein: 4.9 gm
Carbohydrates: 16.2 gm
Fat: 2.8 gm
Iron: 1.3 mg
Folic Acid: 38.6 mcg
Fibre: 0.7 gm





Stuffed Parathas

Rotis and parathas are an inseparable part of the quintessential Indian meal! Parathas are usually made with maida, but this healthier version is made with nutrient-rich whole wheat flour (stuffed with a mixture of tofu and green peas). I have used yeast to soften the parathas and to bring about the same texture as in the maida version. Yeast needs to be handled smartly, else it will back-fire. So, follow the method correctly and use just warm water; if too hot, the yeast will not leaven.

Preparation Time: 15 minutes. **Cooking Time:** 20 minutes. **Makes** 5 *parathas*.

To be mixed into a stuffing

½ cup crumbled tofu (bean curd / soya *paneer*)
¼ boiled green peas, lightly crushed
¼ cup finely chopped coriander (*dhania*)
¼ cup finely chopped mint leaves (*phudina*)
2 tsp finely chopped green chillies
Salt to taste

Other ingredients

1 tsp (5 grams) fresh yeast, crumbled
A pinch sugar
1 cup whole wheat flour *(gehun ka atta)*
Salt to taste
Whole wheat flour *(gehun ka atta)* for rolling
2½ tsp oil for cooking

1. Combine the yeast, sugar and 2 tbsp of lukewarm water in a bowl and mix well. Keep aside for 10 minutes or until the yeast begins to ferment.
2. Add the wheat flour and salt, mix well and knead into a soft dough using water as required.
3. Cover the dough with a wet muslin cloth and keep aside till it doubles in volume (approx. 20 minutes).
4. Press the dough lightly to remove the air, divide it into 5 equal portions and roll out into a 100 mm. (4") diameter circle using a little flour.
5. Place one portion of the stuffing in the centre and fold the edges of the dough over the stuffing to make a square.
6. Press it lightly to seal the stuffing, flatten the dough and roll out again into a square of 125 mm. (5") using a little flour for rolling.
7. Cook on a non-stick pan, using ½ tsp of oil, till both sides are golden brown in colour.
8. Repeat with the remaining ingredients to make 4 more *parathas*. Serve hot.

NUTRITIVE VALUES PER PARATHA

Energy: 50 calories
Protein: 2.8 gm
Carbohydrates: 2.5 gm
Fat: 3.2 gm
Calcium: 51.8 mg
Iron: 1.9 mg

Grated Cauliflower with Peas

Cooked in less oil and using low fat milk and mava, readily classifies this subzi as healthy! Low fat mava imparts the required texture and richness without increasing the calories. The cauliflower is grated and hence takes less time to cook, but if you do not like it so fine, you can cut it into small florets. Kitchen King masala imparts a unique flavour to this dish and is therefore preferred, but if you do not have it, you can use regular garam masala. This subzi goes well with plain phulkas.

Preparation Time: 10 minutes. **Cooking Time:** 20 minutes. **Serves** 4.

2 tsp oil
½ tsp cumin seeds (*jeera*)
1 tsp finely chopped ginger (*adrak*)
2 tsp finely chopped green chillies
¼ cup sliced onions
2 cups grated cauliflower
½ tsp turmeric power (*haldi*)
½ cup blanched and chopped tomatoes
¼ cup boiled green peas
½ tsp Kitchen King *masala*
Salt to taste
½ cup low fat *mava* (khoya), page 94
2 tbsp low fat milk (99.7% fat-free, readily available in the market)
¼ tsp sugar

For the garnish
1 tbsp chopped coriander (*dhania*)

1. Heat the oil in a non-stick *kadhai* and add the cumin seeds.
2. When the seeds crackle, add the ginger, green chillies and onions and sauté on a medium flame till the onions turn light brown in colour, while stirring continuously. Sprinkle a little water to avoid the onions from burning.
3. Add the cauliflower, turmeric powder, tomatoes, green peas, 3 tbsp of water, Kitchen King *masala* and salt, mix well, cover and cook on a medium flame for 8 to 10 minutes, stirring once in between.
4. Add the *mava*, milk and sugar, mix well and cook on a slow flame for another 5 minutes.
   Serve hot garnished with coriander.

NUTRITIVE VALUES PER SERVING

Energy: 86 calories
Protein: 5.5 gm
Carbohydrates: 9.9 gm
Fat: 2.7 gm
Folic Acid: 9.9 mcg
Fibre: 1.1 gm



Paneer Mutter Kodri

Paneer is a show-stealer, and so is any dish that uses it! But you might often hear diabetics complaining that they can't have rice as it raises blood sugar levels quickly; hence, I have thought of a way by which they can relish all the rice delicacies without hesitation. Enter kodri! Kodri is the best replacement for rice as it is fibre-rich and does not alter blood sugar levels quickly. Therefore, I have whipped up this recipe using low fat paneer and kodri. It tastes amazing and I am sure you will not miss rice anymore! Kodri takes time to cook, so take care to cook it correctly with the right amount of water added. You can create a variety of dishes with kodri and so it's an ingredient worth stocking in your pantry!

Preparation Time: 20 minutes. **Cooking Time:** 15 to 20 minutes. **Serves** 4.

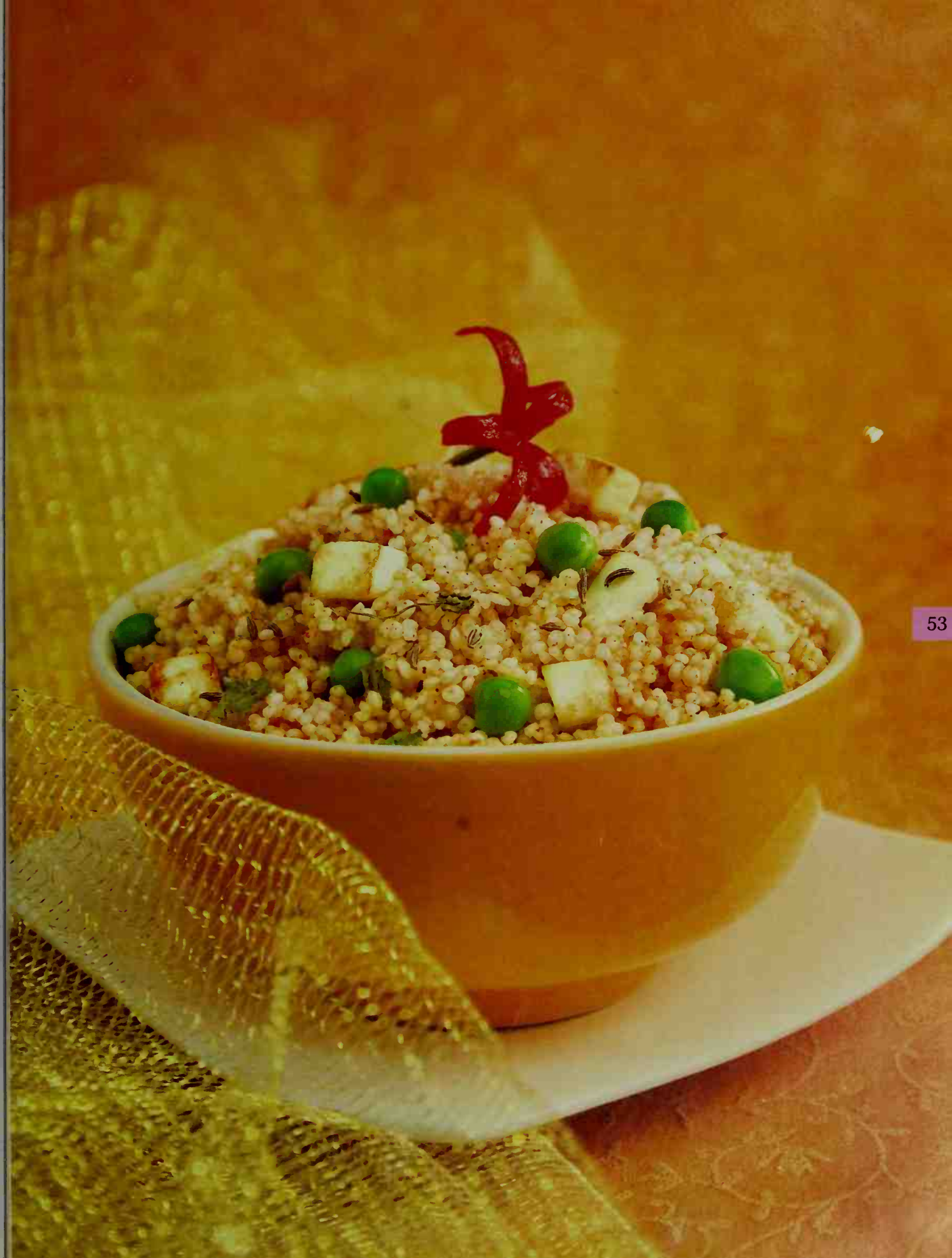
2 tsp oil
½ tsp cumin seeds (*jeera*)
¼ cup finely chopped onions
½ tsp garlic (*lehsun*) paste
½ tsp ginger-green chilli paste
½ tsp dried fenugreek leaves (*kasuri methi*)
1 big tomato, blanched and grated
1 tsp chilli powder
½ tsp *garam masala*
A pinch of sugar
½ cup chopped low fat *paneer* (cottage cheese), page 93
¼ cup boiled green peas
Salt to taste
2½ cups cooked *kodri,* page 16

For the garnish
2 tbsp finely chopped coriander (*dhania*)

1. Heat the oil in a non-stick *kadhai* and add the cumin seeds.
2. When the seeds crackle, add the onions, garlic paste, ginger-green chilli paste and dried fenugreek leaves, mix well and sauté on a medium flame till the onions turn light brown in colour, while stirring continuously. Sprinkle a little water if required.
3. Add the tomatoes, chilli powder, *garam masala,* sugar and ¼ cup of water, mix well and sauté on a medium flame for 8 to 10 minutes, stirring once in between.
4. Add the *paneer*, green peas, salt and *kodri,* mix gently and cover and cook on a medium flame for another 2 minutes. Serve hot garnished with coriander.

NUTRITIVE VALUES PER SERVING

Energy: 177 calories
Protein: 10.6 gm
Carbohydrates: 27.0 gm
Fat: 3.1 gm
Calcium: 364.9 mg
Fibre: 2.3 gm



Indian Margarita

Might not be a nutrient-rich option by many measures, but this is definitely better than aerated sugar-laden drinks. For a change, I have added kala-khatta syrup (in moderate amount though) as it gives a nice tinge and tang to this drink. Coriander, chillies, and other ingredients give it an Indian feel while also perking up the taste. Add soda just before serving. If you have a sweet-tooth, you might want to add a sugar substitute. If you are bored of drinking chaas with lunch everyday, go for this and enjoy the difference.

Preparation Time: 10 minutes.
Cooking Time: Nil.
Makes 4 glasses.

4 tsp roasted cumin seeds (*jeera*) powder
2 tbsp chopped coriander (*dhania*)
4 tbsp *kalakhatta* syrup (readily available in the market)
1 tsp *chaat masala*
1 tsp lemon juice
A pinch of salt
4 glasses of soda

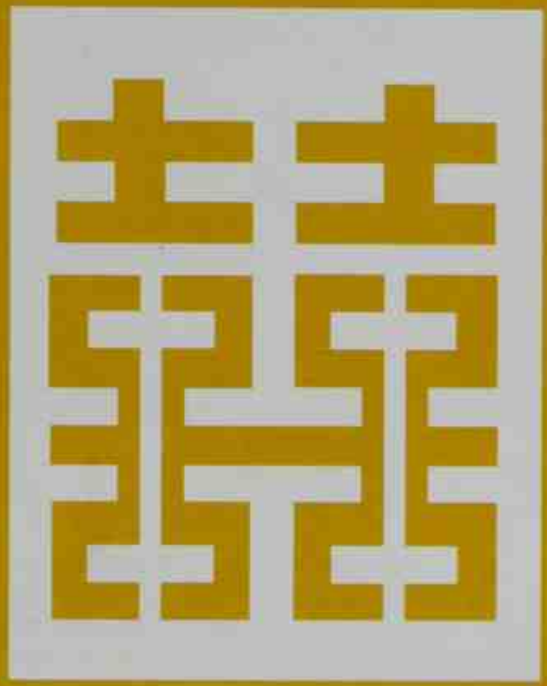
For serving
½ tsp finely chopped green chillies
Crushed ice

1. Combine the cumin seeds powder and coriander in a mortar and crush using the pestle.
2. Combine the cumin seeds-coriander mixture, *kalakhatta* syrup, *chaat masala*, lemon juice and a salt in a bowl and mix well.
3. Divide the mixture equally into 4 individual glasses.
4. Pour a glass of soda over it in each glass.
5. Add a dash of green chilli and crushed ice to each glass and serve immediately.

NUTRITIVE VALUES PER GLASS

Energy: 61 calories
Protein: 0 gm
Carbohydrates: 15.1 gm
Fat: 0 gm





Chinese

Chinese Vegetable Trio Soup

The trademark characteristics of a cuisine come not just out of the cooking and serving methods, but also thanks to the choice and nature of ingredients. Chinese cuisine uses a lot of vegetables, which in turn impart a shade of good health. Here is a simple and delicious soup that proves this theory! This delicacy is absolutely low in calories and high in nutrients like folic acid and fibre. Use vegetable stock instead of water to enhance its taste. Served with soya sauce and vinegar, this is a great way to fire off a Chinese feast.

Preparation Time: 5 minutes. **Cooking Time:** 5 minutes. **Serves** 4.

4 cups vegetable stock, page 92
½ cup sliced mushrooms (*khumbh*)
½ cup sliced and blanched baby corn
½ cup sliced carrots, blanched
10 to 12 whole spinach leaves (*palak*)
Salt to taste
½ tsp oil

For serving
1 tsp soya sauce
2 tsp vinegar

1. Put the vegetable stock to boil in a deep pan, add the mushrooms, baby corn and carrots, mix well and boil for 2 to 3 minutes.
2. Add the spinach leaves and salt, mix well and simmer for few more seconds.
3. Add the oil, mix well and remove from the flame.
4. Just before serving, add the soya sauce and vinegar.
   Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 52 calories
Protein: 1.8 gm
Carbohydrates: 10.4 gm
Fat: 0.8 gm
Vitamin A: 981.9 mcg
Iron: 0.7 mg
Folic Acid: 23.5 mcg
Fibre: 1.2 gm





Schezuan Style Stir-fried Vegetables

Popular as it might be, I am sure you must be striking off Schezuan-style stir-fries from your personal menu as it is most often laden with oodles of oil. This one is made with just 2 tsp of oil and uses loads of veggies, making it not just visually-appealing but also strikingly tasty and spicy! Vegetables like broccoli, capsicum and snow peas contain vitamin C, antioxidants and immune-boosters that fight infections. To retain all of it, ensure that you do not overcook the veggies. Relish this luscious dish with plain cooked kodri or whole wheat noodles.

Preparation Time: 20 minutes. **Cooking Time:** 15 minutes. **Serves** 4.

2 tsp oil
2 whole dry Kashmiri red chillies, broken into pieces
½ cup cabbage cubes
½ cup spring onion whites, quartered
2 cups pakchoi, cut into wedges (optional)
¾ cup baby corn, cut into wedges and blanched
¾ cup broccoli florets, blanched
¾ cup snow peas, each cut into 2 and blanched
1 medium capsicum, cut into wedges
½ cup sliced zucchini
4 tsp Schezuan sauce
A pinch sugar
Salt to taste
2 tsp cornflour mixed with ½ cup of water

1. Heat the oil in a wok or non-stick *kadhai*, add the red chillies, cabbage and ¼ cup of water, mix well and cook till the water evaporates and the cabbage is tender.
2. Add the spring onion whites and pakchoi and sauté on a medium flame for a minute, while stirring continuously.
3. Add the baby corn, broccoli, snow peas, capsicum, zucchini, Schezuan sauce, sugar and salt, toss well and cook on a high flame for 2 minutes, while stirring continuously.
4. Add the cornflour paste, mix well and simmer till the sauce thickens.
   Serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 74 calories
Protein: 2.5 gm
Carbohydrates: 11.1 gm
Fat: 2.6 gm
Vitamin C: 62.2 mg
Folic Acid: 17.7 mcg
Fibre: 1.7 gm

Vegetable Dimsum

Perhaps you have always had dimsums only in restaurants and avoided making them at home just because they sound complicated? But believe me, these are actually easy to make. Follow the exact procedure explained here and try it once; I am sure you will master the act at one go and will soon be making the world's best dimsums in your very own kitchen! This is undoubtedly an innovative low calorie recipe - flour wrappers are filled with a healthy filling of broccoli and bean sprouts, and steamed to make an appetising snack. Bean sprouts is one of my favourite ingredients, and I cannot think of a more stylish way to consume it. I have used plain flour and wheat flour in equal proportion as only whole wheat flour will not serve the purpose well.

Preparation Time: 20 minutes. **Cooking Time:** 15 minutes. **Serves** 4.

For the dough
½ cup plain flour (*maida*)
½ cup whole wheat flour (*gehun ka atta*)
1 tsp oil
Salt to taste

For the vegetable filling
1 tsp oil
1 tsp finely chopped ginger (*adrak*)
1 cup finely chopped cabbage
½ cup finely chopped carrots
½ cup finely chopped mushrooms (*khumbh*)
¼ cup finely chopped asparagus
½ cup finely chopped baby corn
¼ tsp freshly ground pepper
2 tsp soya sauce
Salt to taste

Other ingredients
Whole wheat flour (*gehun ka atta*) for rolling
¼ tsp oil for greasing

For the dough
1. Combine the flours, oil, salt and enough water to make soft pliable dough. Keep aside for 10 minutes.
2. Knead again till smooth and divide it into 16 equal portions. Keep aside.

For the vegetable filling
1. Heat the oil in a non-stick *kadhai*, add all the remaining ingredients and sauté on a high flame for 2 to 3 minutes, while stirring continuously. Keep aside to cool.
2. Divide the stuffing into 16 equal portions and keep aside.

NUTRITIVE VALUES PER SERVING

Energy: 139 calories
Protein: 4.4 gm
Carbohydrates: 24.2 gm
Fat: 3.0 gm
Iron: 1.5 mg
Fibre: 1.1 gm

How to proceed



1. Roll out a portion of the dough into 100 mm. (4') diameter thin circle using a little flour for rolling.



2. Spread a portion of the vegetable filling in the center.



3. Shape them as shown and steam in a greased steamer for about 10 minutes.
Serve hot.

Stir-Fried Spinach Pancakes

This one serves as food not just to the starving stomach, but as food for thought too. You can experiment by using this interesting spinach filling in varied ways like a filling for a sandwich for crepes! The sesame adds not just crunch but also a liberal quota of iron to this interesting stuffing of spinach sautéed with garlic. Spinach adds to the health factor too it is rich in calcium and folic acid. Remember to sauté the spinach on a high flame to retain its colour.

Preparation Time: 10 minutes. **Cooking Time:** 8 to 10 minutes. **Makes** 4 pancakes.

2 tsp oil
2 tsp finely chopped garlic (*lehsun*)
6 cups shredded spinach (*palak*)
2 tsp sesame seeds (*til*), toasted
2 tsp soya sauce
Salt to taste
3 tbsp corn flour
2 tbsp plain flour (*maida*)
2 tbsp low fat milk (99.7% fat-free, readily available in the market)
1 tsp melted low fat butter
A pinch of salt
1 tsp oil for cooking

1. Heat the oil in a non-stick *kadhai,* add the garlic and sauté on a high flame for a minute, while stirring continuously.
2. Add the spinach and sauté on a high flame for 5 to 7 minutes or till all the water evaporates, while stirring continuously.
3. Add the sesame seeds, soya sauce and salt and toss gently.
4. Divide the stir-fried spinach mixture into 4 equal portions and keep aside.
5. Combine all the remaining ingredients together in a bowl, add 2 tbsp of water and mix well to a smooth batter (add 1 tbsp water if required to make it of pouring consistency).
6. Divide the batter into 4 equal portions.
7. Heat a non-stick pan, pour a portion of the batter and tilt the pan around quickly to make a 125 mm. (5") diameter thin circle.
8. Cook using ¼ tsp oil till both sides turn brown in colour.
9. Repeat with the remaining batter to make 3 more pancakes.
10. Place a pancake on a clean, dry surface and spread one portion of the stir-fried spinach mixture at one corner and roll it tightly.
11. Repeat with the remaining ingredients to make 3 more stir-fried spinach pancakes.

NUTRITIVE VALUES PER PANCAKE

Energy: 111 calories
Protein: 3.6 gm
Carbohydrates: 9.8 gm
Fat: 6.4 gm
Calcium: 105.9 mg
Folic Acid: 125.5 mcg
Fibre: 1.0 gm





Singapore Rice Noodles

No Chinese menu can ever be complete without noodles. Perhaps it wouldn't be wrong to say that noodles are to Chinese cuisine what pasta is to an Italian meal! I suggest you use rice noodles instead of refined flour (maida) ones which lack fibre and other nutrients. However, to enhance the health quotient of rice noodles I have added veggies like capsicum, spring onions, bean sprouts and carrots. Remember that they are, after all, rice noodles so relish this as an occasional treat in small portions.

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

3 cups cooked rice noodles, page 41
½ cup bean sprouts
1 cup finely chopped spring onion greens
¼ tsp coriander (*dhania*) powder
A pinch turmeric powder (*haldi*)
2 tsp sesame (*til*) oil
Salt to taste
½ cup sliced spring onion whites
1 tsp finely chopped garlic (*lehsun*)
¼ cup carrots, cut into thin strips
¼ cup French beans, cut into thin strips
¼ cup shredded red cabbage, optional
½ cup sliced capsicum (red, yellow and green)

1. Combine the rice noodles, bean sprouts, spring onion greens, coriander powder, turmeric powder, 1 tsp of sesame oil and salt in a bowl and mix gently. Keep aside.
2. Heat the remaining 1 tsp of sesame oil in a non-stick *kadhai*, add the spring onion whites and garlic and sauté on a high flame for a few seconds, while stirring continuously.
3. Add the carrots, French beans, red cabbage, capsicum and salt and sauté on a high flame for 5 to 7 minutes, while stirring continuously till the vegetables soften. Sprinkle some water if required.
4. Add the prepared rice noodles mixture and toss gently and cook on a high flame for another minute.
   Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 104 calories
Protein: 3.8 gm
Carbohydrates: 14.7 gm
Fat: 3.1 gm
Calcium: 29.5 mg
Fibre: 1.5 gm

5 Spice Tofu and Bean Sprouts Kodri

Life is all about experimentation and moving out of our comfort zones to discover the treasures that lie yonder! So, let not the out-of-the-ordinary blend of spices, and the resulting flavours and textures, scare you away from this dish! While, to be frank, this dish may not appeal to all, it is a must-try for those who like to experiment beyond the traditional Chinese fried rice. The Chinese five-spice powder is a flavour enhancer that gives this dish a unique tinge; you can make it in bulk and stock in the refrigerator.

Preparation Time: 25 minutes. **Cooking Time:** 20 minutes. **Serves** 4.

2 tsp oil
½ cup sliced spring onions
1½ tsp Chinese 5 spice powder, recipe below
½ cup bean sprouts
½ cup tofu (bean curd / soya *paneer*) cubes
2½ cups cooked *kodri*, page 16
A pinch sugar
Salt to taste

1. Heat the oil in a non-stick *kadhai*, add the spring onions and sauté on a medium flame till they are tender.
2. Add the Chinese 5 spice powder and sauté on a medium flame for ½ a minute.
3. Add the bean sprouts and tofu and mix well.
4. Add the cooked *kodri*, sugar and salt, toss well and cook on a medium flame for another minute.
   Serve hot.

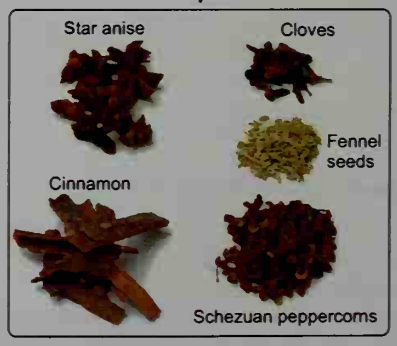
Chinese 5 spice powder

Makes ¼ cup.

4 tsp Schezuan peppercorns (*tirphal*)
16 whole star anise (*chakri phool*)
12 cloves (*laung/ lavang*)
10 sticks cinnamon (*dalchini*)
2 tbsp fennel seeds (*saunf*)

1. In a non-stick pan, add the Schezuan peppercorns and sauté on a slow flame till the aroma is released, while stirring continuously. Keep aside.
2. In the same pan, add all the remaining ingredients and sauté on a slow flame till the aroma is released, while stirring continuously. Keep aside.
3. When cool, combine all the ingredients and blend in a mixer to a fine powder and sieve.
4. A coarse powder of the spices will be left behind. Blend it again to make a fine powder and sieve again.
5. Store in an air-tight jar and use as required.

5 Spice



NUTRITIVE VALUES PER SERVING

Energy: 125 calories
Protein: 5.9 gm
Carbohydrates: 17.3 gm
Fat: 3.8 gm
Calcium: 73.7 mg
Iron: 2.5 mg
Fibre: 2.5 gm



Chinese Vegetables in Hot Garlic Sauce

Hot garlic sauce is, undeniably, an important part of Chinese cuisine. It is indeed quite versatile and lends itself to a wide variety of dishes. Here is one such recipe comprising sautéed vegetables, in a base of tomato purée thickened with cornflour. As the name suggests, hot garlic sauce is made using lots of garlic, ginger and green chillies. This recipe too is full of bountiful vegetables in fact, I have consciously planned most recipes using lots of veggies as these are very beneficial for diabetics and provide a holistic health boost. What is more, I have used only 2 tsp of oil, so you can set those overworked nerves to rest! You can relish this dish as it is or with cooked kodri or rice noodles, and perhaps once in a while with rice too.

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Serves** 4.

2 tsp oil
2 tsp finely chopped ginger (*adrak*)
1 tbsp finely chopped garlic (*lehsun*)
2 tsp finely chopped green chillies
¾ cup cauliflower florets
½ cup sliced capsicum
½ cup sliced and blanched baby corn
½ cup sliced French beans
⅓ cup tomato purée
2 tsp cornflour mixed with ½ cup of water
Salt to taste

1. Heat the oil in a wok or a non-stick *kadhai*, add the ginger, garlic and green chillies and sauté on a high flame for a few seconds, while stirring continuously.
2. Add the cauliflower, capsicum, baby corn and French beans, mix well and sauté on a medium flame for 2 to 3 minutes.
3. Add the tomato purée, mix gently and cook for 5 to 7 minutes.
4. Add the cornflour paste and salt, mix well and simmer for another 2 minutes or till the sauce thickens. Serve hot.

NUTRITIVE VALUES PER SERVING

Energy: 54 calories
Protein: 1.5 gm
Carbohydrates: 6.5 gm
Fat: 2.7 gm
Vitamin C: 24.1 mg
Folic Acid: 1.0 mcg





Continental



Pumpkin Soup

Those who think that pumpkin isn't interesting enough are sure to change their mind after trying this creamy pumpkin soup flavoured with thyme. Pumpkin is as versatile, nutritious and flavourful as any other vegetable, and I am sure it will gain its share of praise with this soup. This easy-to-make and filling soup tastes simply delicious as it is mildly flavoured with herbs and low fat milk. The onions contribute slightly to the sweetish taste, whereas pepper adds the finishing touch to this aesthetic offering. The pumpkin is also rich in vitamin A, calcium and fibre, so this is undeniably a healthy option too!

Preparation Time: 15 minutes. **Cooking Time:** 25 minutes. **Serves** 4.

1 tsp low fat butter
2 tbsp finely chopped onions
3 cups red pumpkin (*kaddu*) cubes
Salt and freshly ground pepper to taste
½ tsp cornflour mixed with 1 cup low fat milk, (99.7% fat-free, readily available in the market)
½ tsp dried thyme

For the garnish
¼ cup chopped carrots
2 tbsp finely chopped spring onion greens

1. Heat the butter in a deep non-stick pan, add the onions and sauté for 2 to 3 minutes.
2. Add the pumpkin pieces and sauté on a medium flame for 3 to 4 minutes, while stirring continuously.
3. Add 4 cups of hot water, salt and pepper, mix well and simmer for 10 to 12 minutes or till the pumpkin is tender. Remove from the flame and keep aside.
4. When cool, blend in a mixer till smooth.
5. Transfer the mixture to a pan, add the thyme and milk-cornflour mixture, mix well and bring to boil.
   Serve hot garnished with carrots and spring onion greens.

NUTRITIVE VALUES PER SERVING

Energy: 53 calories
Protein: 3.4 gm
Carbohydrates: 8.5 gm
Fat: 0.6 gm
Vitamin A: 283.9 mcg
Calcium: 93.2 mg
Fibre: 0.8 gm





Broccoli, Bean Sprouts and Green Peas Salad

A selection of green ingredients is blended together in this recipe, for a colourful, flavourful and healthy treat. It does spike up the good health meter, being so full of nutrients like vitamin C, vitamin A, calcium, iron and fibre. Iron helps to foster blood, while calcium strengthens the bones. Uncontrolled diabetes can lead many other complications and diseases, hence eating a well-balanced diet with the right choice of ingredients helps to keep diabetes under check, while also maintaining your weight and general well-being. Snack on this salad whenever you feel hungry and make up for all your nutrient requirement. The dressing features a blend of flavours that make this salad sweet and tangy. It is nice to keep it mild and simple like this, but those who like it spicier can add more pepper.

Preparation Time: 15 minutes. **Cooking Time:** Nil. **Serves** 4.

To be mixed into a dressing
1 tbsp lemon juice
1 tsp olive oil
1 tsp soya sauce
1 tsp powdered sugar
Salt and freshly ground pepper to taste

Other ingredients
1 cup blanched broccoli florets
1 cup bean sprouts
1 cup boiled green peas
3 spring onions, roughly chopped

For the garnish
1 tbsp toasted sesame seeds (*til*)

1. Combine the broccoli, bean sprouts, green peas and spring onions together in a bowl and refrigerate to chill.
2. Just before serving, add the dressing and toss well.
   Serve immediately garnished with sesame seeds.

NUTRITIVE VALUES PER SERVING

Energy: 141 calories
Protein: 7.8 gm
Carbohydrates: 19.2 gm
Fat: 3.9 gm
Vitamin C: 32.9 mg
Calcium: 95.5 mg
Iron: 2.2 mg
Fibre: 3.4 gm

Walnut Vegetable Paté with Toasted Triangles

The walnut vegetable paté served over toasted bread triangles makes for a visually-appealing, tasty and filling starter. Feel free to experiment with the serving options for this appetiser, but remember to choose low-calorie bases else the benefits of this paté will be lost! Walnut being a dry fruit is high in calories and fat, however the fat in it is beneficial for health, so nothing to worry. But anything in excess is bad, and so it is in the case of these healthy nuts too… hence limit your serving size.

Preparation Time: 10 minutes. **Cooking Time:** 5 minutes. **Serves** 4 (make approx. 1¼ cups paté).

2 tsp olive oil
¾ cup finely chopped mixed vegetables (mushrooms, spring onions, carrots, capsicum etc.)
¼ cup chopped walnuts (*akhrot*)
1 tsp chopped garlic (*lehsun*)
½ tsp dried mixed herbs
Salt to taste

For serving
8 toasted whole wheat bread, cut into triangles
Tabasco sauce
A few lettuce leaves, torn into pieces
4 cherry tomatoes, cut into halves

1. Heat the oil in a deep non-stick pan, add the mixed vegetables and sauté on a medium flame for 2 minutes.
2. Remove from the flame, add the walnuts, garlic, dried mixed herbs and salt and blend in a mixer with a little water to get a grainy purée.
3. For serving, place a small lettuce leaf on each toasted triangle, spread a little paté and top with few drops of Tabasco sauce.
   Garnish with cherry tomatoes and serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 179 calories
Protein: 5.3 gm
Carbohydrates: 22.0 gm
Fat: 7.9 gm
Iron: 1.6 mg
Fibre: 1.2 gm





Asparagus Fondue with Cream Crackers

Crunchy greens mixed into a creamy mixture of cheese and milk turns out as a lovely dip for creamy crackers... a truly delightful treat for your family and friends. Add to that the fact that greens bring in a shade of good health too, and you have an ideal combination! I must mention that this is a good option for the calorie conscious as well. Serve it the way you want, with khakhras, cream crackers or vegetables. Usually there is a lot of cheese in this dip; however, to cut calories I have reduced the amount of cheese and brought about the same thickness and texture by adding cornflour and milk. Surely a must try!

Preparation Time: 10 minutes. **Cooking Time:** 10 minutes. **Makes** 1 cup fondue (serves 4).

¾ cup chopped asparagus
1 tsp low fat butter
½ cup low fat milk (99.7% fat-free, readily available in the market)
2 tsp cornflour mixed with 2 tbsp low fat milk (99.7% fat-free, readily available in the market)
¼ cup grated cooking cheese
Salt and freshly ground pepper to taste
¼ cup asparagus spears
1 tbsp low fat cream

For serving
16 cream cracker biscuits / vegetable sticks

1. Combine the asparagus with 1 cup of water in a deep non-stick pan and cook on a medium flame till it softens. Keep aside.
2. Cool, blend in a mixer till smooth and strain the purée.
3. Heat the butter in another non-stick pan, add the asparagus purée and sauté on a medium flame for few seconds, while stirring continuously.
4. Add the milk, cornflour-milk mixture, cheese, salt and pepper, mix well and simmer for 5 minutes or till the mixture thickens.
5. Remove from the flame, add the asparagus spears and cream and mix gently.
   Serve hot with cream cracker biscuits or vegetable sticks.

NUTRITIVE VALUES PER SERVING

Energy: 88 calories
Protein: 4.4 gm
Carbohydrates: 9.0 gm
Fat: 4.3 gm
Calcium: 96.7 mg
Folic Acid: 49.5 mcg





Vegetable Au Gratin

With a little know-how, anything can be made low cal! If you never even imagined earlier that white sauce could be made low cal, and without maida, you must try this recipe as soon as possible to believe that it is indeed possible! This is a simple dish of baked vegetables in a low cal white sauce, topped with cheese. An innovative and filling dish that is as classy as the name sounds. Use a variety of veggies, make your own combinations and surprise your guests and family. Use only mozzarella and no other variety of cheese for this dish, and remember to work with the low cal white sauce. Enjoy this in smaller portions and not very frequently... after all, it is an exotic recipe and definitely not everyday food!

Preparation Time: 10 minutes. **Cooking Time:** 15 minutes. **Serves** 4.
Baking Temperature: 200°C (400°F). **Baking Time:** 10 to 12 minutes.

1 tsp low fat butter
½ cup finely chopped onions
1 green chilli, finely chopped
2 cups chopped and boiled mixed vegetables (carrots, green peas, cauliflower and French beans)
1 cup low calorie white sauce, page 95
Salt and freshly ground pepper to taste
¼ tsp oil for greasing
2 tbsp grated mozzarella cheese

1. Heat the butter in a deep non-stick pan, add the onions and green chillies and sauté for a minute.
2. Add the mixed vegetables, low calorie white sauce, salt and pepper, mix well and simmer for another minute.
3. Pour into a greased baking dish, sprinkle the cheese evenly over it and bake in a pre-heated oven at 200°C (400°F) for 5 to 7 minutes or till the cheese melts.
   Serve hot.

Variation: Instead of mixed vegetables you can also use sautéed green peas and mushrooms or just sautéed broccoli or cauliflower.

NUTRITIVE VALUES PER SERVING

Energy: 99 calories
Protein: 4.8 gm
Carbohydrates: 10.3 gm
Fat: 4.2 gm
Calcium: 113.1 mg
Iron: 1.1 mg
Fibre: 1.5 gm





Baked Vegetables in Spinach Sauce

A delicious way to imbibe the goodness of spinach into your meal! A variety of veggies immersed in a spinach sauce and topped with cheese, yet as healthy as can be. It is a complete one-dish meal that is sure to satiate your hunger and your body's quest for nutrients. Spinach is undoubtedly very good for health, being rich in vitamin A, zinc and iron. What an innovative way to have leafy and other veggies together, while also utilising leftover chapattis! You can also try it with tomato sauce / purée in the place of spinach purée, for a change.

Preparation Time: 20 minutes. **Cooking Time:** 30 minutes. **Serves** 4.
Baking Temperature: 230°C (460°F). **Baking Time:** 20 to 25 minutes.

For the sautéed mixed vegetables
1 tsp low fat butter
¼ cup finely chopped onions
2 cups chopped and boiled mixed vegetables (French beans, carrots, green peas, cauliflower, potatoes etc.)
Salt and freshly ground pepper to taste

To be mixed together into a spinach sauce
½ cup spinach (*palak*) purée, refer handy tip
1 cup low fat white sauce, page 95
Salt and freshly ground pepper to taste

Other ingredients
8 leftover whole wheat *chapatis*, approximately 125 mm (5") in diameter
3 tbsp grated mozzarella cheese

For the sautéed mixed vegetables
1. Heat the butter in a non-stick pan, add the onions and sauté for a minute.
2. Add the mixed vegetables, salt and pepper, mix well and cook for another minute.
3. Divide the sautéed vegetables into 2 equal portions and keep aside.

How to proceed
1. Divide the spinach sauce into 2 equal portions and keep aside.
2. In a greased baking dish, spread 1 portion of the sautéed vegetables at the bottom evenly to make a layer.
3. Pour 1 portion of the spinach sauce over the vegetables and spread it evenly to make a layer.
4. Arrange 4 *chapatis* over the vegetables to cover it evenly.
5. Repeat the steps 2, 3 and 4 make another layer with the remaining ingredients.
6. Sprinkle the cheese evenly over it and bake in a pre-heated oven at 230°C (460°F) for 15 to 20 minutes.
   Serve hot.

Handy tip: ***To make ½ cup spinach purée*** - Place spinach in a deep pan and cook on a medium flame for 4 to 5 minutes or till the leaves soften. Remove and add it immediately into a vesselful of ice-cold water. Keep aside for 5 to 7 minutes, drain and discard any excess water and blend it a mixer till smooth.

NUTRITIVE VALUES PER SERVING

Energy: 173 calories
Protein: 8.5 gm
Carbohydrates: 29.0 gm
Fat: 2.5 gm
Vitamin A: 2499.8 mcg
Iron: 2.8 mg
Zinc: 1.0 mg
Fibre: 2.2 gm



Papaya Passion

Fruits are a natural source of fibre, vitamins and minerals. Who can say no to an interesting drink made by blending together a variety of fruits, flavoured with coconut and fresh cream! Let not diabetes be the reason for you to say no. Go ahead and enjoy this papaya based drink for it's going to cause you no harm. Papayas are a good source of fibre, vitamin A and C. Naturally-sweet papaya makes this drink very healthy, but remember to select a ripe one. It combines well with oranges without any added sugar/sugar substitutes. However if the papaya is not sweet add sugar substitute as required. Serve the drink chilled, for the most delectable effect!

Preparation Time: 10 minutes.
Cooking Time: Nil.
Makes 4 glasses.

3 cups papaya cubes
½ cup orange segments
2 tbsp freshly grated coconut (optional)
8 to 10 ice-cubes

For the garnish
4 tbsp papaya balls
2 tsp low fat cream

1. Combine all the ingredients together and blend in a mixer till smooth.
2. Pour into 4 individual glasses and serve each glass garnished with 1 tbsp of papaya balls and ¼ tsp of cream.
   Serve immediately.

NUTRITIVE VALUES PER GLASS

Energy: 70 calories
Protein: 1.0 gm
Carbohydrates: 10.9 gm
Fat: 2.5 gm
Vitamin C: 66.5 mg
Iron: 0.7 mg
Fibre: 1.1 gm



Dessert

Papaya Passion

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NUTRITIVE VALUES PER GLASS

Energy: 70 calories
Protein: 1.0 gm
Carbohydrates: 10.9 gm
Fat: 2.5 gm
Vitamin C: 66.5 mg
Iron: 0.7 mg
Fibre: 1.1 gm



Dessert

Oats and Orange Rabadi

I can almost see you screw up your nose and exclaim how on Earth the delectable, rich rabadi will taste if deprived of all those creamy calories! Taste this once and you will forget the original high-calorie version! This healthy variant of the traditional sweet dish is made with fibre-rich oats and flavoured with oranges. It provides the adequate nutrients and is also low in calories as a sugar substitute is used instead of sugar. This is the best way to have oats as you do not even realise the presence of oats in it! Orange imparts a very refreshing taste, making you yearn for more. But remember, all good things must come to an end... all desserts, including this, should be had in smaller portions and only occasionally!

Preparation Time: 15 minutes. **Cooking Time:** 25 minutes. **Serves** 4.

½ cup orange segments
1 tsp sugar
¼ tsp ghee
1½ tbsp quick cooked rolled oats
2 cups low fat milk (99.7% fat-free, readily available in the market)
4 sachets sugar substitute (1 gm each)
1 tbsp low fat mava (*khoya*), page 94
1 tbsp skim milk powder
¼ tsp cornflour mixed with 2 tbsp low fat milk (99.7% fat-free, readily available in the market)
2 tsp orange flavoured drink mix

For the garnish
1 tbsp orange segments

1. Heat a small non-stick pan, add the orange and sugar, mix well and cook on a medium flame for 2 to 3 minutes.
2. Remove from the flame and keep aside. When cool, refrigerate to chill.
3. Heat the ghee in a non-stick pan, add the oats and sauté on a medium flame for few seconds, while stirring continuously.
4. Add the milk, sugar substitute and mava, mix well and simmer on for 8 to 10 minutes, stirring once in between.
5. Add the skim milk powder and cornflour paste, mix well and simmer for 5 to 7 minutes or till it thickens, while stirring continuously.
6. Remove from the flame and keep aside. When cool, refrigerate to chill.
7. Add the orange flavoured drink mix and cooked orange segments to the chilled *rabadi* and mix well.
   Serve immediately garnished with orange segments.

Oats



NUTRITIVE VALUES PER SERVING

Energy: 72 calories
Protein: 5.1 gm
Carbohydrates: 10.8 gm
Fat: 0.8 gm
Calcium: 206.6 mg



Rose and Almond Ice-cream

Here is an Indianised ice-cream recipe that not just diabetics but every single Indian is sure to love. Who won't, when it is carefully made by blending rose petals in milk, mixing with almonds, and freezing! Lo and behold, your homemade and healthy version of ice-cream is ready to feast on. Be careful while buying rose petals; take care to select the fresh, pink-coloured ones, and wash them thoroughly before use. They rot very fast, and so it is better to buy them fresh just on the day when you plan to make this lip-smacking dessert! This ice-cream can also be used to make Falooda, refer page 82.

Preparation Time: 20 minutes. **Cooking Time:** 10 minutes.
Serves 4 (makes 4 small scoops).

2 cups low fat milk (99.7% fat-free, readily available in the market)
2 tbsp cornflour mixed with ½ cup low fat milk (99.7% fat-free, readily available in the market)
3 to 4 sachets sugar substitute (1 gm each)
½ cup fresh rose petals (pink variety)
2 tbsp chopped almonds (*badam*), lightly toasted
A few drops rose essence

1. Heat the milk in a deep, broad non-stick pan, when it starts boiling, add the cornflour mixture, mix well and simmer till it coats the back of a spoon, while stirring continuously. Keep aside to cool.
2. Add the sugar substitute and rose petals, mix well and pour into an air-tight container.
3. Refrigerate for at least 4 to 6 hours.
4. Blend in a mixer till it is slushy, add the almonds and rose essence and mix well.
5. Pour back into an air-tight container and freeze till the ice-cream is set.
   Serve chilled.

NUTRITIVE VALUES PER SERVING

Energy: 106 calories
Protein: 6.4 gm
Carbohydrates: 9.0 gm
Fat: 4.9 gm
Calcium: 206.6 mg
Iron: 0.5 mg



Falooda

Falooda! The very mention of this all-time favourite probably brings a look of yearning in your eyes, accompanied by a journey down memory lane to the days when you could really binge on it without worrying about your sugar levels! Not to worry, you can now make your own diabetic-friendly version of falooda, naturally-flavoured with rose petals, and essence, and sugar substitute to maintain its authentic taste I added only 1 tsp of rose syrup per portion. I have used the low cal Rose and Almond Ice Cream, page 80, to make this. However this does not mean you can enjoy this dessert frequently, its an occassional indulgence. Subza, used in making falooda, is rich in calcium and so is milk. Subza also has substantial iron content.

Preparation Time: 10 minutes. **Cooking Time:** Nil. **Makes** 4 glasses.

2 cups low fat milk (99.7% fat-free, readily available in the market)
1 cup rose petals (pink variety)
2 tsp sugar substitute
6 to 8 ice-cubes
A few drops rose essence
4 tsp rose syrup (readily available in the market)
4 tbsp soaked garden cress seeds (*subza*)
4 scoops of Rose and Almond Ice cream, page 80, for serving

1. Combine the milk, rose petals, sugar substitute, ice-cubes and rose essence together in a blender and blend till smooth.
2. Divide into 4 equal portions and keep refrigerated.
3. Pour 2 tsp of rose syrup into 4 individual glasses, top each glass with 1 portion of rose milk, add 1 tbsp of garden cress seeds and 1 scoop of ice-cream and serve immediately.

NUTRITIVE VALUES PER GLASS

Energy: 191 calories
Protein: 127 gm
Carbohydrates: 176 gm
Fat: 7.6 gm
Calcium: 398.0 mg
Iron: 11.5 mg



Date and Apple Kheer

Kheer has always been a part of the traditional Indian spread. Times have changed, but kheer continues to finds a special place in our meal! Over time, several variations of kheer have emerged. Here, I present a very healthy version, especially for diabetics a dessert made with apples and dates cooked in low fat milk and sweetened with sugar substitute. Dates and apples impart their natural sweetness and fibre, while walnuts add crunch and taste to this kheer. Milk has abundant proteins and calcium; and the goodness of apples and dates, of course, needs no explanation!

Preparation Time: 10 minutes. **Cooking Time:** 15 minutes. **Serves** 4.

½ cup chopped apples
1 tsp sugar
2½ cups low fat milk (99.7% fat-free, milk readily available in the market)
2 sachets sugar substitute (1 gm each)
¼ cup chopped dates (*khajur*)

For the garnish
1 tbsp chopped walnuts (*akhrot*)
1 tbsp finely chopped apples

1. Combine the apples, sugar and 3 tbsp of water in a non-stick pan and cook on a medium flame for 2 to 3 minutes, while stirring continuously. Refrigerate to chill.
2. Combine the milk, sugar substitute and dates in a deep non-stick pan, mix well and simmer for 10 minutes, while stirring continuously. Refrigerate to chill.
3. Just before serving add the cooked apples to the milk-dates mixture and mix gently. Serve chilled garnished with walnuts and apples.

NUTRITIVE VALUES PER SERVING

Energy: 80 calories
Protein: 3.4 gm
Carbohydrates: 10.8 gm
Fat: 2.5 gm
Calcium: 119.8 mg
Fibre: 0.5 gm



Soya Chocolate Pancakes with Strawberry Sauce

As a fitting end to a feisty dinner, try these soya-charged pancakes, which are made with whole wheat flour and served with strawberry sauce. An ideal combination of all your favourite foods, to be enjoyed whole-heartedly by all including diabetics! Freshly-made sauce enhances the classical effect of this dessert; however, you can also make it in bulk and store in the refrigerator. Soya is good for health as it is rich in fibre, phytochemicals and other nutrients. This is such a neat way to incorporate soya into your diet, isn't it?

Preparation Time: 15 minutes. **Cooking Time:** 20 minutes. **Serves** 4.

For the strawberry sauce (Makes approx. ½ cup)
½ cup strawberry purée
1½ sachets sugar substitute (1 gm each)
1 tsp cornflour

For the pancakes
¼ cup whole wheat flour (*gehun ka atta*)
¼ cup soya flour
2 tbsp cocoa powder
2 sachets sugar substitute (1 gm each)
½ cup low fat milk (99.7% fat-free, available in the market)
A pinch of salt
1 tsp melted low fat butter
½ tsp fruit salt
2 tsp oil for cooking

For the strawberry sauce
Combine the strawberry purée, sugar substitute and cornflour in a deep non-stick pan and simmer till the mixture becomes thick, while stirring continuously. Keep aside.

For the pancakes
1. Combine the whole wheat flour, soya flour, cocoa powder, sugar substitute, milk, salt, butter and enough water together in a bowl and mix well to a smooth batter.
2. Add the fruit salt and sprinkle some water over it. When the bubbles form, mix gently.
3. Grease a non-stick pan with a little oil, pour a laddleful of the batter to make a pancake of 125 mm. (5") in diameter.
4. Cook using ½ tsp of oil till both the sides turn golden brown in colour.
5. Repeat with the remaining batter to make 3 more pancakes. Keep aside.

How to proceed
1. Divide the sauce into 4 equal portions and keep aside.
2. Place a pancake on a serving plate and top with a portion of the sauce.
3. Repeat to make 3 more servings. Serve immediately.

NUTRITIVE VALUES PER SERVING

Energy: 106 calories
Protein: 3.3 gm
Carbohydrates: 14.8 gm
Fat: 3.8 gm
Calcium: 50.4 mg
Iron: 1.1 mg
Fibre: 0.6 gm



Coffee and Walnut Mousse

Desserts no longer feature in the list of forbidden treats for diabetics. Here is an innovative way to dig into a spoonful of your favourite dessert, without being ridden by guilt! Reish this mousse made with China grass and low fat milk, flavoured with cocoa, coffee and walnuts. Remember, however, ambrosia too should be limited to a small portion!

Preparation Time: 5 minutes. **Cooking Time:** 15 minutes. **Serves** 4.

4 cups low fat milk (99.7% fat-free, milk readily available in the market)
10 grams (1 packet) unflavoured china grass (*agar-agar*), cut into small pieces
2 tbsp sugar substitute
3 tbsp cocoa powder dissolved in 2 tbsp low fat milk (99.7% fat-free, milk readily available in the market)
2 tsp coffee powder dissolved in 2 tbsp warm water
1 tbsp low fat cream

For the garnish
1 tbsp chocolate vermicelli

1. Combine 1½ cups of water with *agar-agar* in a non-stick pan and cook on a slow flame till it dissolves completely, while stirring continuously. Keep aside.
2. Strain the mixture through a muslin cloth and keep aside.
3. In the same pan boil the milk, add the *agar-agar*, sugar substitute, cocoa powder, mix well and simmer on a slow flame for 5 to 7 minutes, while stirring continuously.
4. Remove from the flame, when cool, add the cream and mix well.
5. Divide the mixture into 4 equal portions and pour each into 4 small bowls.
6. Refrigerate for 4 to 6 hours or till the mousse has set.
   Serve chilled garnished with chocolate vermicelli.

NUTRITIVE VALUES PER SERVING

Energy: 123 calories
Protein: 8.5 gm
Carbohydrates: 11.3 gm
Fat: 5.0 gm
Calcium: 318.8 mg



Green Goddess Sorbet

Sorbets are generally quite healthy and low in calories as they are made with fruit juices. Needless to say, they are also extremely refreshing. Here, green grapes are blended with lime juice and a dash of ginger juice for that extra zing. I've made this low cal by adding sugar substitute instead of sugar. It is human to feel bored of having plain fruits all the time, so for a change you can make it into a sorbet and enjoy the refreshing coolness!

Preparation Time: 10 minutes. **Cooking Time:** Nil. **Makes** 4 small glasses.

2 cups green grapes
½ tsp ginger (*adrak*) juice
2 tsp lemon juice
2 sachets sugar substitute (1 gm each)

For the garnish
4 sprigs of mint (*phudina*)

1. Combine all the ingredients with 1 cup of water and blend in a mixer till smooth.
2. Transfer into on a shallow container, cover and freeze for 4 to 6 hours.
3. Scrape out into 4 individual small glasses using a fork.
   Serve chilled garnished with mint sprigs.

NUTRITIVE VALUES PER SMALL GLASS

Energy: 51 calories
Protein: 0.4 gm
Carbohydrates: 11.8 gm
Fat: 0.2 gm
Iron: 0.4 mg
Fibre: 2.1 gm



Basic Recipes

Vegetable Stock

Vegetable stock is used in most soups, as it lends body and texture. As you try the recipes in this book, such as Vegetable Tortilla Soup, page 8, Barley Vegetable Soup, page 20, etc, you are sure to notice how the vegetable stock is utilised in most cuisines across the world!

Preparation Time: 5 to 7 minutes. **Cooking Time:** 20 minutes. **Makes** 4 cups.

½ cup chopped mixed vegetables (carrots, cauliflower, onions, baby corn etc.)
½ green chilli (optional)

1. Combine the vegetables with 6 cups of water in a deep pan and boil for 8 to 10 minutes.
2. Cover with a lid and simmer for another 10 minutes till the vegetables release the flavours.
3. Cool, strain and use as required.

NUTRITIVE VALUES PER SERVING

Energy: 19 calories
Protein: 0.7 gm
Carbohydrates: 4.2 gm
Fat: 0.1 gm
Calcium: 12.3 mg
Fibre: 0.5 gm

Tortillas

Tortillas are an inseparable part of Mexican cuisine. They can be made in bulk and stored in the freezer and subsequently used for a variety of purposes, such as to make quesadillas and enchiladas, and even baked to make chips etc. In this book, for example, we have used tortillas to make Broccoli, Cheese and Chilli Quesadillas, page 12.

Preparation Time: 10 minutes. **Cooking Time:** 10 to 12 minutes. **Makes** 8 tortillas.
Baking temperature: 190°C (380°F). **Baking Time:** 10 minutes.

1 cup maize flour (*makai ka atta*)
½ cup whole wheat flour (*gehun ka atta*)
¼ tsp chilli powder
¼ tsp *ajwain* (carom seeds), optional
1 tsp oil
Salt to taste
¼ tsp oil for kneading
Whole wheat flour (*gehun ka atta*) for rolling

1. Combine together the maize flour, wheat flour, chili powder, *ajwain*, oil and salt in a bowl and knead into a soft dough adding hot water as required. Keep aside for 10 minutes.
2. Knead again using oil till smooth and divide the dough into 8 equal portions.
3. Roll out each portion between two sheets of plastic into a thin circle of 150 mm. (6") diameter. Dust the tortillas generously with flour to make the rolling easier.
4. Lightly cook the tortillas on a non-stick pan and keep aside.
   Use as required.

NUTRITIVE VALUES PER TORTILLA

Energy: 46 calories
Protein: 1.4 gm
Carbohydrates: 7.6 gm
Fat: 1.2 gm
Zinc: 0.2 mg
Fibre: 0.4 gm

Low Fat Curds

Can you even imagine Indian food without curds? Although people might scare you about the high calorie content of curds, why should you give it up entirely when you can make a low fat version at home? Made from low fat milk (99.7% fat-free) locally available in the market, this provides only 71 calories and 0.2 gm of fat per cup. It tastes quite the same as full fat curds, and can be used effectively in recipes. It can also be used to make low fat paneer, as shown in same page.

Preparation Time: Nil. **Cooking Time:** 30 seconds. **Setting Time:** 5 to 6 hours. **Makes** 5 cups.

1 litre low fat milk (99.7% fat-free, readily available in the market)
1 tbsp curds (*dahi*)

1. Warm the milk.
2. Add the curds, mix well and cover.
3. Keep aside until the curds set (approx. 5 to 6 hours).
4. During the cold climate, place inside a casserole or closed oven to set.

NUTRITIVE VALUES PER CUP

Energy: 71 calories
Protein: 7.1 gm
Carbohydrates: 10.2 gm
Fat: 0.2 gm

Low Fat Paneer (Cottage Cheese)

It is quite impossible to overcome the temptation to binge on yummy paneer! Paneer is usually high in fat, but we have made a low calorie version using low fat milk and low fat curds. Using curds instead of lemon juice not only gives a comparatively greater volume of paneer, but also renders it soft. Low fat paneer can be used in recipes such as Mexican Skewers, page 11, and Paneer Mutter Kodri, page 52.

Preparation Time: Nil. **Cooking Time:** 7 to 8 minutes. **Makes** 70 grams (approx. ½ cup).

3 cups low fat milk (99.7% fat-free, readily available in the market)
1½ cups low fat curds (*dahi*), recipe above beaten

1. Put the milk to boil in a broad npn-stick pan. When it starts boiling, add the curds and mix well.
2. Remove from the heat and stir gently until the milk curdles.
3. Strain and tie the curdled milk in a muslin cloth. Hang for about half an hour to allow the whey to drain out.
4. Use as required.

NUTRITIVE VALUES PER ½ CUP

Energy: 315 calories
Protein: 31.5 gm
Carbohydrates: 45.0 gm
Fat: 0.9 gm

Low Fat Mava (Khoya)

Khoya is a key ingredient that imparts not only richness and taste to curries, sweets and desserts but also the required graininess and texture. But, knowing the fact that it is too high in calories always dampens one's enthusiasm in utilising it! Here's a low fat and a healthier version of khoya made from skimmed (low fat) milk powder, which removes not just the calories but also the guilt associated with recipes such as the delectable Grated Cauliflower with Peas, page 51.

Preparation Time: Nil. **Cooking Time:** 10 minutes. **Makes** 1½ cups.

1 cup skim milk powder

1. Combine the milk powder with 2 tbsp of water in a bowl and make a hard dough.
2. Wrap the dough in a thin muslin cloth and place in a sieve.
3. Place the sieve over a pan of boiling water, cover it with a lid and steam for 10 minutes. Keep aside.
4. Once the dough has cooled, remove the cloth and grate the khoya. Use as required.

Handy tip : Refrigerate till use and if it turns dry sprinkle water and steam again before using in recipes.

NUTRITIVE VALUES PER CUP

Energy: 245 calories
Protein: 26.4 gm
Carbohydrates: 35.4 gm
Fat: 0 gm

Low Calorie White Sauce

White sauce is frequently used in continental cuisine. However, the fact that it is made with maida is quite scary, as such refined flours are not healthy. Here is a low calorie version of white sauce that you would never have imagined in your wildest dreams! Try using it in recipes such as Vegetable Au Gratin, page 72, and you will realise it tastes just the same as the original!

Preparation Time: 10 minutes. **Cooking Time:** 10 to 12 minutes. **Makes** 2 cups.

1½ cups chopped cauliflower or bottle gourd (*lauki / doodhi*)
2 tsp low fat butter
1 tbsp plain flour (*maida*)
1 cup low fat milk (99.7% fat-free, readily available in the market)
Salt and freshly ground pepper to taste

1. Combine the cauliflower with 2 cups of water in a non-stick pan and simmer until soft.
2. When cool, blend in a mixer till smooth. Strain and keep aside.
3. Heat the butter in a non-stick pan, add the *maida* and sauté on a medium flame for a few seconds, while stirring continuously.
4. Add the milk and cauliflower purée, mix well and cook on a medium flame till it thickens, while stirring continuously.
5. Add the salt and pepper, mix well and simmer for another 5 minutes. Keep aside. Use as required.

NUTRITIVE VALUES PER CUP

Energy: 87 calories
Protein: 5.8 gm
Carbohydrates: 11.0 gm
Fat: 2.1 gm
Calcium: 169.4 mg

Total Health Series – By Tarla Dalal



Growing Kids Cook Book



Soya Rotis & Subzis



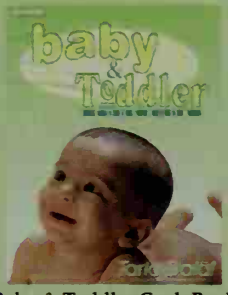
Healthy Heart Cookbook



Delicious Diabetic Recipes



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Baby & Toddler Cook Book



Cooking with
1 Teaspoon of Oil


Low Calorie
Healthy Cooking



Cooking with Sprouts



Acidity Cookbook



Diabetic Snacks


Zero Oil Rotis & Subzis



Zero Oil Dal-Chawal


Zero Oil Soups,
Salads & Snacks



High Blood Pressure
Cookbook



Fast Foods
Made Healthy

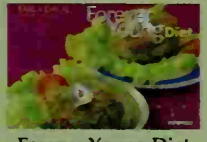

Nutritious Recipes for
Pregnancy



Good Food for
Diabetes

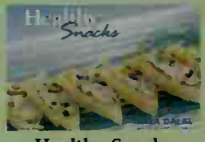


Calcium Rich Recipes


Forever Young Diet



Healthy Subzis



Healthy Snacks



Healthy Juices


Low Cholesterol
Recipes



Iron Rich Recipes



Home Remedies



Healthy Breakfast


Low Calorie Sweets



Healthy Snacks for Kids



Healthy Soups & Salads



While it is important for diabetics to control their diet to maintain healthy blood glucose levels, this certainly does not mean that one should feel guilty at the very thought of exotic food, traditional treats or international delicacies.

If you have been living on a boring and bland diet, and a secret craving for tastier food, this book is here to pepper your diet with satiating, mouth-watering recipes from various cuisines, and wheel your life back to a fun-filled, or should I say "food-filled" track! "*Exotic Diabetic Cooking*" is a cookbook that shows you how to prepare diabetic-friendly versions of luscious, exotic foods such as Vegetable Tortilla Soup, Antipasto Duo, Phadthai Noodles, Dimsum, Dates and Apple Kheer, etc, in your own kitchen.

This cluster of 55 interesting, easy-to-make and nutritious recipes from 6 different cuisines viz. Indian, Chinese, Mexican, Thai, Italian and Continental, is sure to make the task of cooking as delightful as the resulting food, which is so delicious that non-diabetic members of the family will also enjoy it.

Tarla Dalal



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