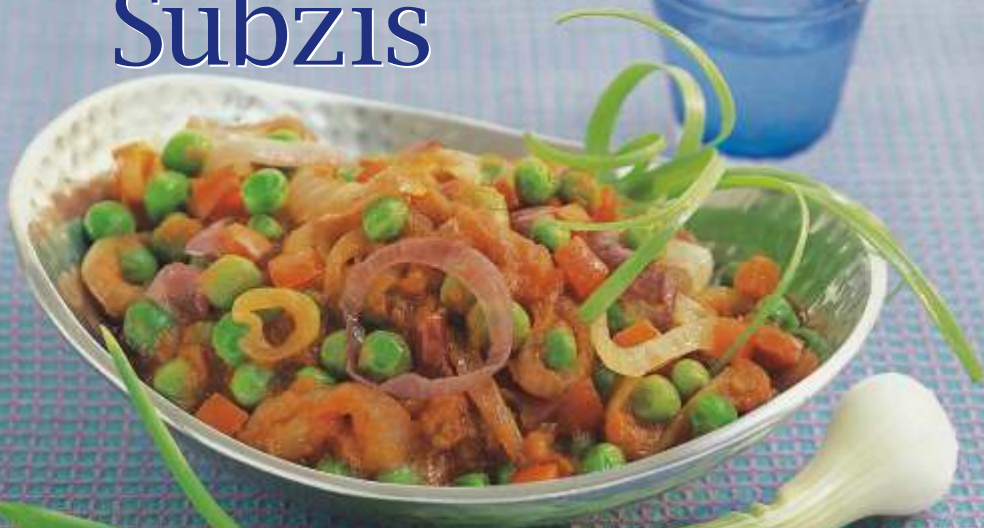


Healthy Subzis

TARLA DALAL
INDIA'S #1 COOKERY AUTHOR



www.tarladalal.com

TOTAL HEALTH

❧ INTRODUCTION ❧

No Indian meal is complete without at least one *subzi*. Unfortunately traditional methods of cooking use oodles of oil, which as we know is not the best route to good health! Very often the goodness of vegetables gets drowned in rich gravies or too much fat and we receive less benefit from eating them.

It is this thought that motivated me to create some *subzis* for those who want to enjoy good health and good food at the same time. Vegetables are nature's gift to us - low in calories and containing innumerable vitamins, minerals and antioxidants to fight disease. Nutritionists suggest that we should eat at least three to five servings of vegetables daily to fulfil our nutrient requirements. This book teaches us how to make a range of nutritious, low calorie and appetising *subzis*.

The recipes here are clubbed into four interesting sections: Semi-dry Subzis, Subzis with Gravies, Subzis with Leafy Vegetables and Subzis with Beans or Sprouts. They feature a variety of vegetables, from the most commonly available ones like potatoes, onions, tomatoes, french beans, spinach and peas to more uncommon ones like round gourd, *chawli bhaji*, *turai*, mushrooms, etc. Each recipe is also accompanied by a nutritional value table highlighting the nutrients it is rich in.

Get ready to alter your cooking habits so that you make nutritious, wholesome *subzis* that will help you stay fit and healthy.

Happy and healthy cooking!

Tarda Datal

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❧ Fansi Dhokli ❧

Rich in
Folic Acid &
Fibre

Traditionally used in Gujarati and Rajasthani delicacies, dhoklis made of besan add body to a subzi and enhance its taste.

Preparation time: 10 minutes. Cooking time: 20 minutes. Serves 4.

For the dhoklis

3 tbsp *besan* (Bengal gram flour)

1 tbsp whole wheat flour (*gehun ka atta*)

½ tsp red chilli powder

¼ tsp turmeric powder (*haldi*)

¼ tsp asafoetida (*hing*)

2 pinches carom seeds (*ajwain*)

½ tsp oil

Salt to taste

¼ tsp asafoetida (*hing*)

½ tsp red chilli powder

A pinch sugar

2 tsp oil

Salt to taste

For the garnish

1 tbsp chopped coriander

For the vegetable

2 cups chopped french beans (*fansi*)

1 tsp carom seeds (*ajwain*)

For the dhoklis

1. Combine all the ingredients to make a semi-soft dough using enough water.
2. Divide into 30 to 35 small portions. Press each portion with your thumb to make uniform circular mini *dhoklis*. Keep aside.

For the vegetable

1. Heat the oil in a non-stick pan, add the carom seeds and asafoetida and fry for a while.
2. Add the french beans, 1 cup of water, red chilli powder, sugar and salt. Cover with a lid and cook on a medium flame till the french beans are almost done.
3. Remove the lid, add the dhoklis and simmer for another 10 to 12 minutes. Serve hot garnished with coriander.

Nutritive values per serving

| Energy | Protein | Carbohydrates | Fat | Folic Acid | Fibre |
|---------|---------|---------------|--------|------------|--------|
| 73 kcal | 2.4 gm | 7.8 gm | 3.5 gm | 32.4 mcg | 1.0 gm |

Fansi Dhokli



~ Sai Bhaji ~

Rich in
Calcium &
Folic Acid

This low calorie, folic acid brimming version of the popular Sindhi dish that tastes great with steaming hot rice.

Preparation time: 10 minutes. Cooking time: 25 minutes. Serves 4.

½ cup split *chana dal* (Bengal gram)

4 cups chopped spinach (*palak*)

1 cup *khatta bhaji* (*khatta palak*)

1 tsp cumin seeds (*jeera*)

¾ cup chopped onions

1 cup chopped potatoes

½ cup chopped brinjals

1 tbsp ginger-garlic paste

1 tsp red chilli powder

1 tbsp coriander (*dhania*) powder

A pinch turmeric powder (*haldi*)

2 tsp oil

Salt to taste

1. Combine the *chana dal* with 1 cup of water and pressure cook for 1 whistle. Drain the excess water and keep aside.
2. Heat the oil in a pressure cooker, add the cumin seeds and fry till the seeds crackle.
3. Add the onions, potatoes, brinjals and ginger-garlic paste and sauté for 5 to 7 minutes, sprinkling water whenever the mixture starts burning.
4. Add the red chilli powder, coriander powder, turmeric powder and salt and sauté for 2 to 3 minutes.
5. Add the spinach, *khatta bhaji* and the cooked *chana dal* and pressure cook for 2 whistles.
6. Allow to cool and whisk the mixture well.
Serve hot.

Nutritive values per serving

| Energy | Protein | Carbohydrates | Fat | Calcium | Folic Acid |
|----------|---------|---------------|--------|---------|------------|
| 157 kcal | 6.8 gm | 23.0 gm | 4.3 gm | 88.6 mg | 145.9 mcg |

Sai Bhaji



Soya Spinach Delight



Vegetables, as we all know, are low in calories and contain a number of vitamins, minerals and antioxidants to fight disease. '**Healthy Subzis**' is a collection of 42 nutritious, low calorie recipes that introduce the reader to innovative ways to use vegetables so that we receive maximum benefit from them.

The recipes have been clubbed into four interesting sections: **Subzis with Gravies**, **Subzis with Leafy Vegetables**, **Subzis with Beans or Sprouts** and **Semi-dry Subzis**. They feature a variety of vegetables, from the most commonly available ones like potatoes, onions, tomatoes, french beans, spinach, and peas to more uncommon ones like round gourd, *chawli bhaji*, *turai*, mushrooms, etc.

Healthier and time-saving methods of cooking such as steaming, roasting, baking and pressure-cooking have been used like in the recipe of **Baked Doodhi Kofta Curry**, **Healthy Oondhiya** etc. Other ways to make *subzis* healthier is to use low fat milk and milk products, or combine them with ingredients such soyabeans, soya granules, soya chunks and sprouts as used in **Paneer in Spinach Sauce**, **Soya Spinach Delight** etc.

So join the path to make your meals healthier and more wholesome with these delicious *subzis*!



"Padma Shri" awardee, Mrs Tarla Dalal is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, '**Cooking & More**', which is the best selling cookery magazine in India, under her own name.

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