

TARLA DALAL INDIA'S #1 COOKERY AUTHOR

DIABETIC SNACKS

50 to 250 Calories



www.tarladalal.com

TOTAL HEALTH

INTRODUCTION

Continuing in our health series is this handy little book on snacks for diabetics. If you suffer from diabetes you have to make sure that your blood glucose levels do not dip suddenly or veer too far from normal. This happens if you don't eat for fairly long intervals of time. To prevent low blood sugar (hypoglycaemia), especially if you suffer from type 1 diabetes or insulin-requiring type 2 diabetes, you must eat regular small meals at frequent intervals. The point is not to indiscriminately eat fat-laden store-bought goodies but choose from a selection of home-cooked snacks made in less oil and out of diabetes-friendly ingredients.

In this book, my team of nutritionists and I have created five categories of healthy low calorie snacks for people with diabetes: *Everyday Snacks*, *Occasional Treats*, *Light Snacks*, *Jar Snacks*, and *Accompaniments*. Each section has recipes with ingredients that are beneficial for diabetes, such as soyabean, garlic, bitter gourd (*karela*), and low fat milk and milk products like curds, *paneer* etc.

Since it is important to control the number of calories you consume everyday, each recipe is also accompanied with a “Suggested Serving Size Per Person” so you can choose from the range of appetising snacks, which provide calories ranging from 50 to 250 and modify your consumption accordingly. If you make a clever choice, you will be able to enjoy a variety of different snacks without guilt.

So go ahead, try out these snacks, which include modified favourites like *Moong Dal Idlis*, page 10, and the more unusual *Buckwheat Pancakes*, page 12, *Soya Poha*, page 16, *Jamun Smoothie*, page 71 and *Spicy Phudina Khakhras*, page 90. For those with a sweet tooth, we've also included a healthy version of *Chocolate Pinwheels*, page 56 and exotic *Soya Cinnamon Custard with Fruits*, page 73!

Happy snacking!

Tarda Dardal

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❁ *Masala Wheat Dosa* ❁

Suggested Serving Size Per Person: 1 dosa with 1 tbsp healthy coconut chutney

Whole wheat dosas with a stuffing of green peas and paneer make an appetising snack replete with beneficial nutrients like fibre and iron. Fibre binds glucose making it slowly available to the body and preventing a quick rise in blood glucose levels. For an authentic South Indian experience serve with Healthy Coconut Chutney, page 97.

Preparation time: 10 minutes. Cooking time: 30 minutes. Makes 8 dosas.

For the dosa batter

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

1 tsp rice flour (*chawal ka atta*)

1 tsp *chana dal* (split Bengal gram), soaked for ½ hour and drained

½ tsp *urad dal* (split black lentil), soaked for ½ hour and drained

¼ tsp mustard seeds (*rai / sarson*)

¼ tsp cumin seeds (*jeera*)

5 to 6 curry leaves (*kadi patta*)

1 tsp finely chopped green chillies
¼ tsp fruit salt
½ tsp oil
Salt to taste

For the stuffing

1 cup boiled green peas
½ cup low fat *paneer* (cottage cheese), page 102, diced
¼ cup chopped tomatoes
½ tsp cumin seeds (*jeera*)
1 green chilli, chopped
1 tsp *chaat masala*
2 tbsp chopped coriander (*dhania*)
1 tsp oil
Salt to taste

For the stuffing

1. Heat the oil in a non-stick pan and add the cumin seeds and green chillies.
2. Add the tomatoes and sauté for 2 to 3 minutes.
3. Add the green peas, *paneer*, *chaat masala* and salt and sauté for a few more minutes.
4. Add the coriander and mix well. Divide the stuffing into 8 equal portions and keep aside.

Other ingredients

1½ tsp oil for cooking

For serving

4 tbsp Healthy Coconut Chutney, page 97

For the *dosa* batter

1. Whisk the wheat and rice flour with enough water to make a smooth batter. Keep aside.
2. For the tempering, heat the oil in a non-stick pan and add the *chana dal*, *urad dal*, mustard seeds and cumin seeds.
3. When the seeds crackle, add the curry leaves and green chillies and pour it over the *dosa* batter. Mix well.
4. Sprinkle the fruit salt on it and then a few drops of water on the fruit salt.
5. When the bubbles form, mix gently. Keep aside.

How to proceed

1. Heat a non-stick pan and grease it lightly with oil.
2. Spread 2 tbsp of the batter to form a *dosa* of 100 mm (4") diameter.
3. Cook on both sides till golden brown using a little oil.
4. Place 1 portion of the stuffing on it and fold it to make a semi-circle.
5. Repeat with the remaining *dosa* batter and stuffing to make 7 more *dosas*.
Serve hot with healthy coconut chutney.

Nutritive values per *dosa* with 1 tbsp healthy coconut chutney

| Energy | Protein | Carbohydrates | Fat | Iron | Fibre |
|---------|---------|---------------|--------|--------|--------|
| 150 cal | 7.1 gm | 18.7 gm | 3.5 gm | 1.0 mg | 1.1 gm |

Masala Wheat Dosa



❁ *Karela Tikkis* ❁

Suggested Serving Size Per Person: 2 tikkis with 1 tbsp garlic tomato chutney

Though unpleasantly bitter, karela tops the list of diabetes-friendly foods. It contains 'gurmarin', a polypeptide that works like insulin in our body and helps to regulate blood sugar levels. Combine karela with carrots and paneer to make these surprisingly delicious tikkis.

Preparation time: 15 minutes. Cooking time: 10 minutes. Makes 8 tikkis.

- ½ cup grated bitter gourd (*karela*)
- ¾ cup grated carrots
- ¼ cup crumbled low fat *paneer* (cottage cheese), page 102
- ¾ cup boiled and mashed green peas
- ¼ cup whole wheat bread crumbs
- 3 tsp dry mango powder (*amchur*)
- 2 tsp finely chopped green chillies
- 2 tbsp chopped coriander (*dhania*)
- Salt to taste

Other ingredients

1½ tsp oil for cooking

For serving

4 tbsp Garlic Tomato Chutney, page 95

1. Apply little salt to the bitter gourd and keep aside for a while. Squeeze and keep the water aside. This water can be used as given in the handy tip.
2. Combine the bitter gourd, carrots, *paneer*, green peas, bread crumbs, dry mango powder, green chillies, coriander, green peas and salt in a bowl and mix well.
3. Divide the mixture into 8 equal portions and shape into round, flat *tikkis*.
4. Cook them on a non-stick pan, using a little oil, till both sides are golden brown. Serve hot with garlic tomato chutney.

Handy tip: You will benefit from drinking the water squeezed from the *karela* as well. To cut its bitter taste, mix with a glass of water or tomato juice.

Nutritive values per *tikki* with 1 tbsp garlic tomato chutney

| Energy | Protein | Carbohydrates | Fat | Vitamin A | Vitamin C | Fibre |
|--------|---------|---------------|--------|-----------|-----------|--------|
| 75 cal | 4.4 gm | 12.2 gm | 1.4 gm | 377.9 mcg | 8.7 mg | 1.1 gm |

Karela Tikkis





Soybean Pancakes &
Mint and Onion Chutney

Here's a collection of appetising and healthy snacks for diabetics who need to eat frequent small meals to prevent low blood sugar (hypoglycaemia). If you suffer from diabetes you must try not to leave large gaps between meal times and the best way to do that is to indulge in regular snacks.

In this book we prove that snacks need not be oily and calorie-laden. If the right ingredients and appropriate cooking methods are used, snacks can be made to suit diabetics. Divided into five categories - Everyday Snacks, Occasional Treats, Light Snacks, Jar Snacks, and Accompaniments - these recipes have made good use of diabetes-friendly ingredients like soyabeans, garlic, bitter gourd (karela), and low fat milk and milk products. Each recipe is accompanied by a suggested serving size, so a person with diabetes doesn't overshoot his daily calorie requirements.

Experiment with the surprisingly delicious Karela Tikkis or Cous Cous Salad, or occasionally indulge in Capsicum and Cheese Parathas and Chunky Tomato Pasta. Accompany a Masala Wheat Dosa with Healthy Coconut Chutney or carry Oat and Cinnamon Cookies to work. I guarantee you'll change your whole attitude to snacking!

Tarla Dalal



"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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