



AROGYA
WORLD

CELEBRITY CHEFS @

Arogya's Kitchen



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FOREWORD

GREETINGS FROM AROGYA WORLD!

We are a US based non profit that promotes prevention of noncommunicable diseases (NCDs) like diabetes and heart disease through healthy living in India. We work in India because of the staggering public health burden of NCDs in the country. We implement large well-designed science-based programs and have educated 5 million people on healthy living to date. With our Doorstep Health approach we take prevention to people right where they live, learn and work. You can learn more about our programs and impact on our website arogyaworld.org.

2020 is Arogya World's 10th anniversary. To mark this occasion we are pleased to present ***Celebrity Chefs @ Arogya's Kitchen***. This digital cookbook of healthy recipes is the brainchild of Renu Advani, a supporter in Chicago, who wanted to make a unique contribution to advance Arogya's mission. Her idea was to gather healthy recipes from chefs of acclaimed Indian restaurants in the US, and cookbook authors, and offer it to the community. As a mark of respect, we have featured her recipes along with other celebrity chefs.

Unhealthy eating is the #1 cause of death. We at Arogya World promote healthy eating in a major way, and are pleased to work on this exciting project that is aligned with our mission.

With this cookbook, we are taking important steps to change the way Indian Americans eat. We are thrilled that many well-known chefs, including award winning and Michelin starred chefs, have stepped up and offered us healthy recipes. We know this cookbook will inspire young people to cook healthy Indian food at home. In COVID times, it is more important than ever before.

We will be expanding this cookbook in the months to come and you will continue to have access to it. Give us your ideas and feedback so we can improve it (reach us at info@arogyaworld.org). I would also like to thank my colleague, Dr. Meghana Pasi, a nutritionist, as well as Pragnya Venkatesh from The Bold Creative in Bangalore for their hard work.

Wish you a safe and healthy holiday season and a world filled with Arogya (which means health in Sanskrit) in 2021.

A handwritten signature in black ink that reads "Nalini Saligram".

NALINI SALIGRAM

FOUNDER & CEO, AROGYA WORLD
AN ASHOKA FELLOW

Bhindi Masala

CHEF ARCHNA
BECKER

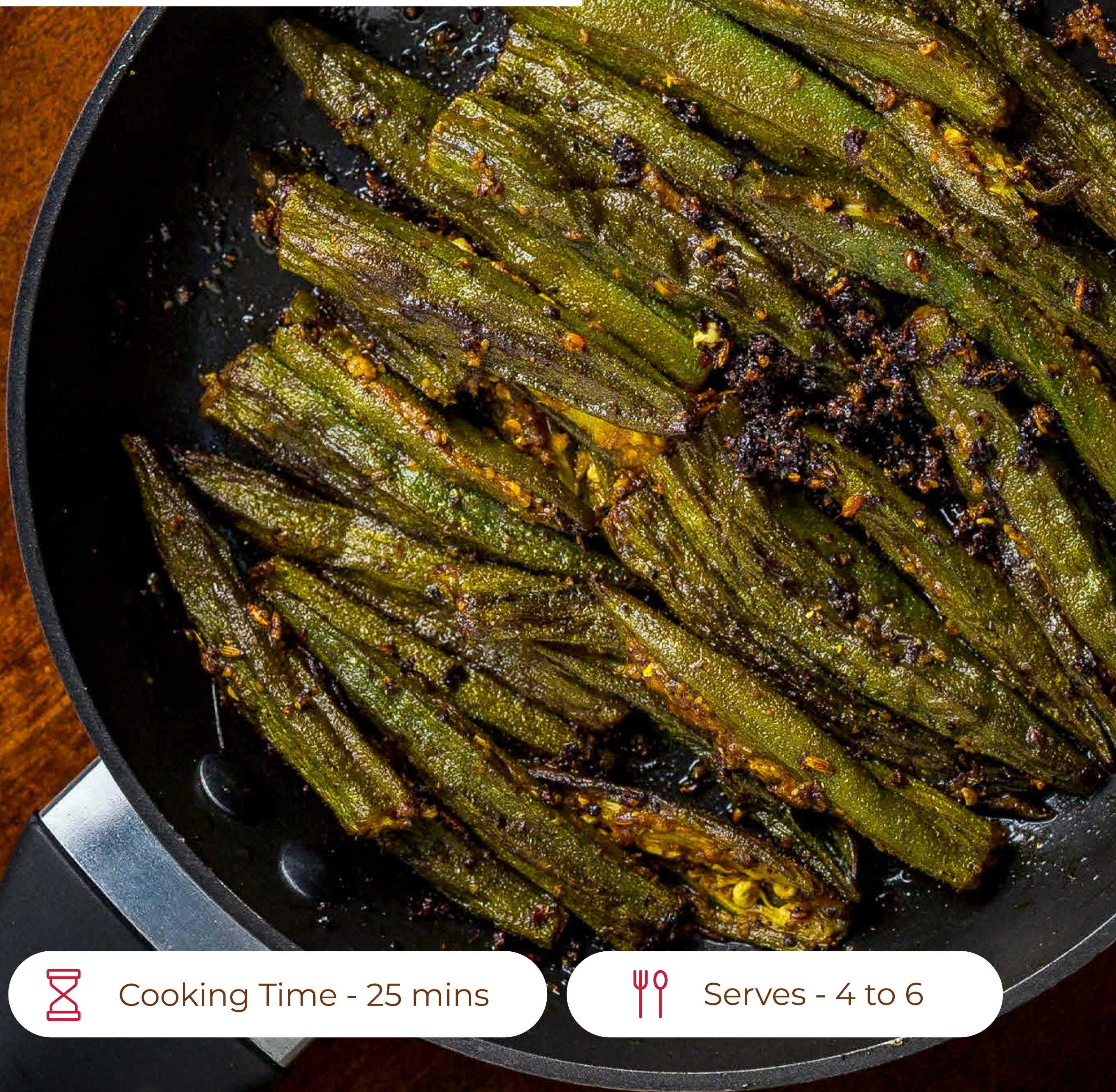
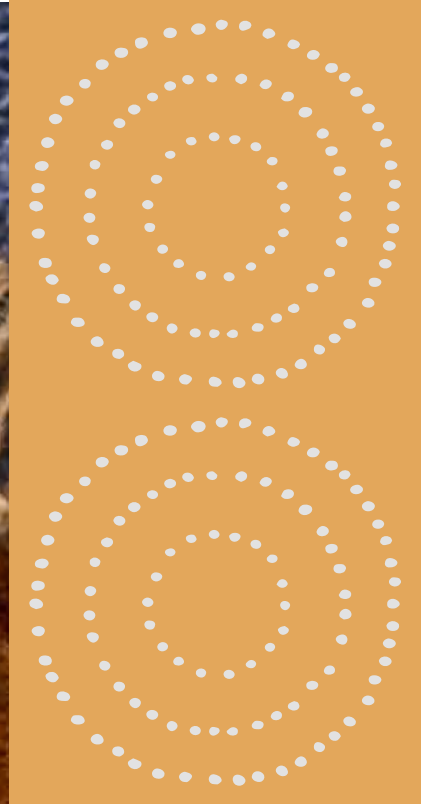
from BHOJANIC (Atlanta, GA)
www.bhojanic.com

Made with Okra, this dish is rich in **fiber, vitamin B and keeps the gut healthy.**



✓ HIGH FIBER

✓ LOW CARB



Cooking Time - 25 mins



Serves - 4 to 6



Becker’s earliest childhood memories revolve around her grandmother’s kitchen in India where she spent many happy hours helping her put together meals for the family—hearty, wholesome food cooked with love and care. “In our family, everyone ends up in the kitchen cooking, eating, and listening to music.”

Ingredients

FOR BHINDI MASALA

2-3 tbsp light olive oil (preferred), canola or vegetable oil

2 cups yellow onion (diced)

2 lb baby okra (larger okra will not work)

1½ tsp mango powder (dry)

2 tsp coriander seeds (freshly ground)

1 tsp cumin seeds (freshly ground)

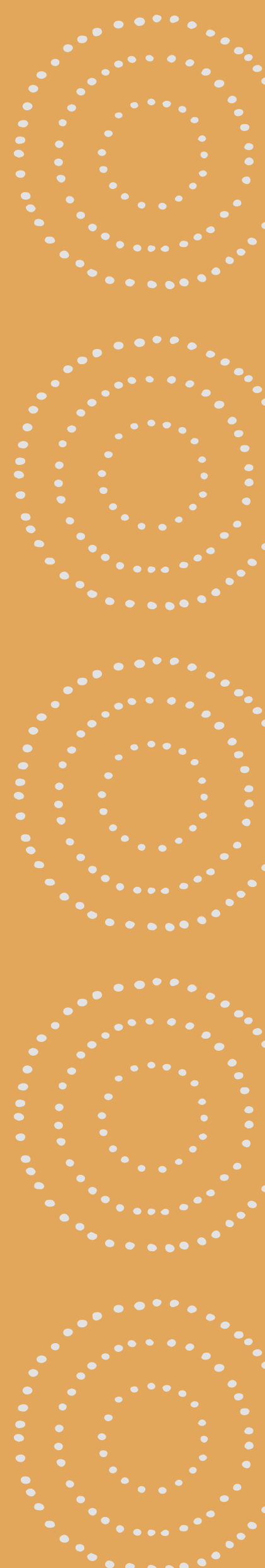
1 tsp fennel seeds (freshly ground)

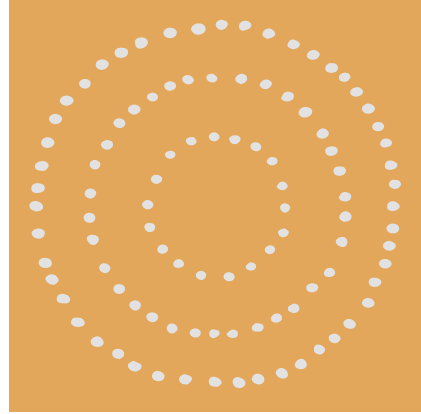
½ tsp turmeric

1 - 1½ tsp iodized salt (slightly more if using sea or kosher salt)

½ to 1 tsp red chili powder (best option for color) or cayenne

¼ cup diced cilantro





Recipe!

METHOD FOR BHINDI MASALA



STEP 1

Have all your ingredients prepped and ready before you start cooking. Make sure the okra is washed and thoroughly dried or else your dish will be slimy. Cut the okra on both ends and split down the middle. You can also cut into small circles which will cook faster. Discard thick pieces with big seeds.



STEP 2

In a heavy bottom pan add oil. Once hot, sauté onions until golden brown.



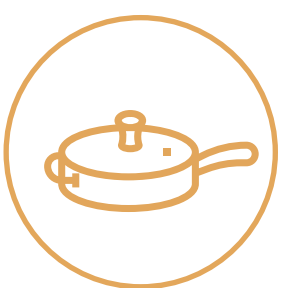
STEP 3

Add the okra and sprinkle with the mango powder. Cook together till the okra is bright green. This gives okra tang and cuts the sliminess of the okra.



STEP 4

Add all the other dry spices and salt. Cook on low heat with a lid until everything is incorporated.



STEP 5

Cover the pan and simmer on low heat until desired tenderness.

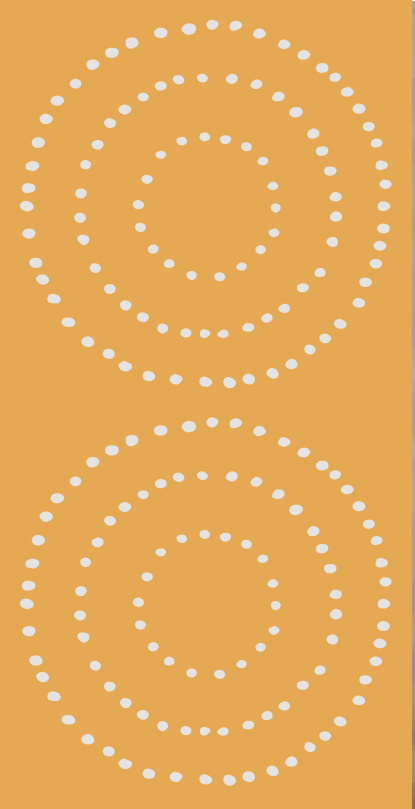


STEP 6

Garnish with chopped cilantro. Great with naan or on a panini.

FOR YOUR AROGYA

Unhealthy eating is the #1 cause of death globally. Eat right to prevent NCDs, and boost your immunity. Eat a balanced meal and learn about the portions of cooked food that you must eat.



Shakarkandi Chaat

CHEF MANEET
CHAUHAN

✓ HIGH FIBER

from CHAAT: RECIPES FROM THE
KITCHENS, MARKETS, AND
RAILWAYS OF INDIA *by* MANEET
CHAUHAN & JODY EDDY

facebook.com/chefmaneetchauhan/

Sweet potatoes are an excellent source of beta carotene, other antioxidants and fiber that **help build a strong immune system and promote growth of good bacteria for a healthy gut.**



Cooking Time - 45 mins



Serves - 4



“There is only one language of food:
deliciousness.”

Ingredients

FOR SHAKARKANDI CHAAT

3 large sweet potatoes

Vegetable oil, as needed

Kosher salt

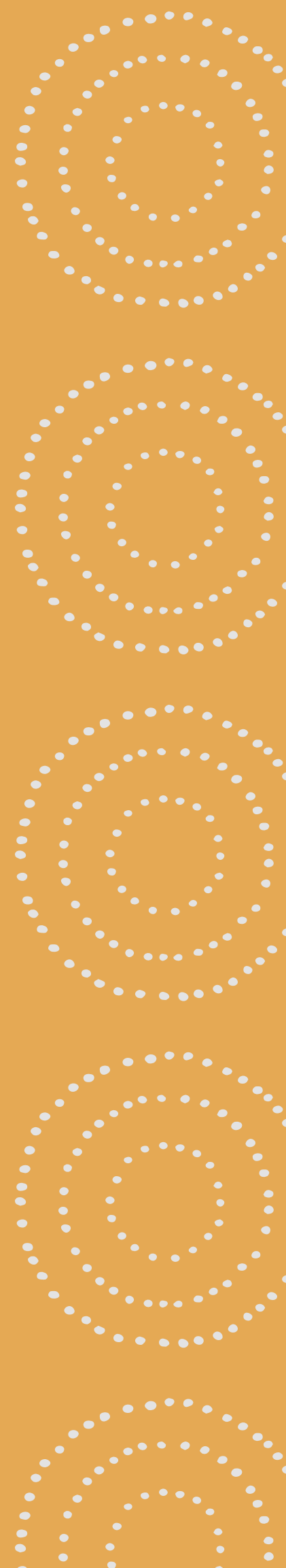
2 star fruit (thinly sliced crosswise)

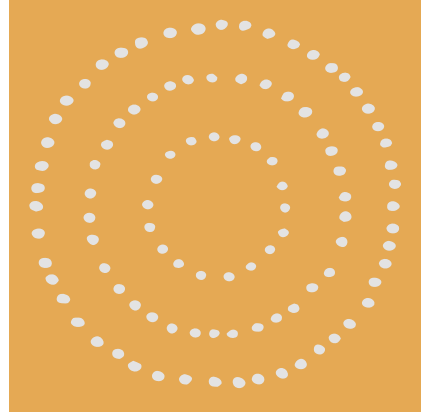
2 tsp chaat masala (or more to taste)

1 tsp finely chopped cilantro

½ tsp red chili powder

1 lemon's juice (or more to taste)





Recipe!

METHOD FOR SHAKARKANDI CHAAT



STEP 1

Preheat the oven to 425 F.



STEP 2

Rub each sweet potato with oil and prick all over with fork, then sprinkle them all over with salt. Wrap each potato individually in foil and roast until tender, 45 to 55 minutes.



STEP 3

Once the potatoes are cool enough to handle, peel them and cut them into 1-inch cubes.

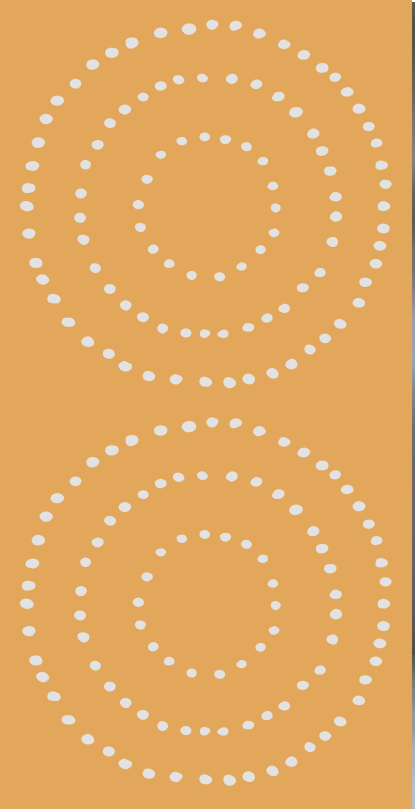


STEP 4

In a large bowl, toss the sweet potatoes with the star fruit, chaat masala, cilantro, chili powder and lemon juice until everything is well coated. Serve while the potatoes are still warm, preferably with toothpicks.

FOR YOUR AROGYA

Monitor your waist size. For people of Indian origin waist size is a big predictor of diabetes risk. Indian men should have a waist size of 89 cm (36 inches) or less. Women should have a waist size of 79 cm (32 inches) or less.



Spice-Roasted Heirloom Cauliflower Steak

CHEF SRIJITH
GOPINATHAN

from TAJ CAMPTON PLACE
(San Francisco, CA)
www.tajcamptonplace.com/dining

& ETTAN (Palo Alto, CA)
www.ettanrestaurant.com

For eight years in a row, Chef Srijith earned a Michelin star for Taj Campton Place, the landmark San Francisco dining establishment, including two Michelin stars in 2016 and 2017.

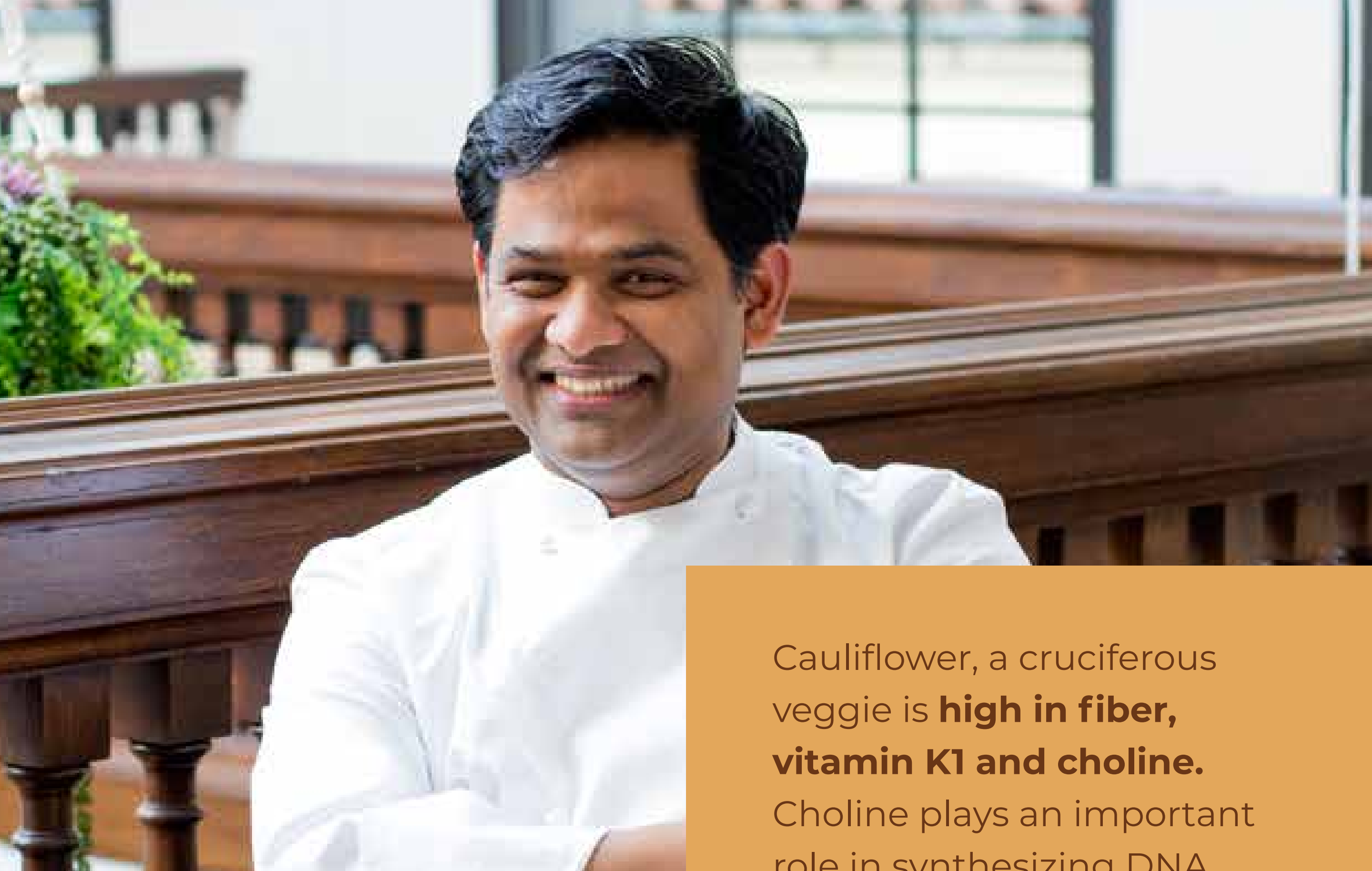
✓ LOW CARB



Cooking Time - 45 mins



Serves - 2



Cauliflower, a cruciferous veggie is **high in fiber, vitamin K1 and choline**. Choline plays an important role in synthesizing DNA, brain development and production of neurotransmitters.

Ingredients

FOR ROASTED CAULIFLOWER STEAK

1 small cauliflower (cut into 1 inch thick slices)

FOR BRINING

1L water

100g kosher salt

6-8 crushed black pepper

2 bay leaves (dry or fresh)

3-4 cilantro stems

FOR MARINADE

1 cup yogurt

10 curry leaves shredded finely

2-3 cilantro stems chopped finely

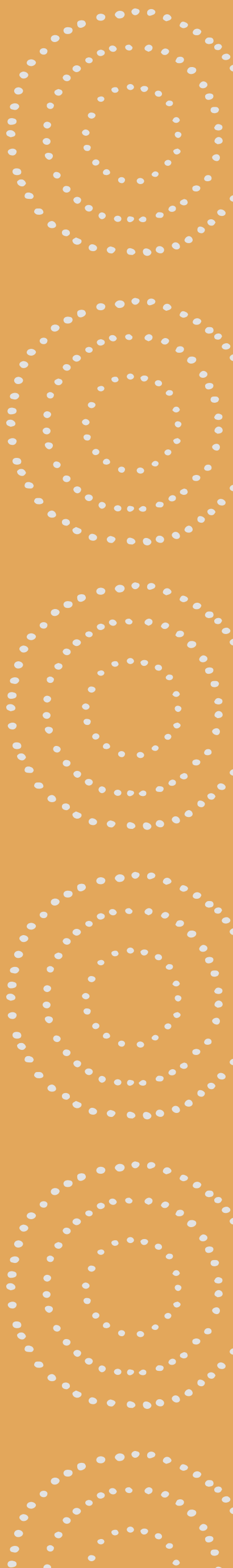
½ tsp rice flour

½ tsp corn starch

1 tbsp coconut oil

1 tbsp olive oil

Michelin-star Chef Srijith Gopinathan demonstrated this dish at an Indiaspora (www.indiaspora.org) holiday culinary demo @ Thanksgiving 2020.



Salt to taste

1 ½ tbsp red chili powder

½ tbsp turmeric

2 tbsp coriander powder

½ tsp of black pepper (crushed finely)

½ tsp fennel seeds (crushed finely)

1 tbsp ginger garlic paste

1 tbsp lime juice (to taste)

A pinch of asafoetida (optional)

½ cup water

A pinch of sugar

FOR FINISHING

1 large banana shallot cut in to 1 inch pieces

5 curry leaves

4-5 cilantro stems (Finely minced)

4 tbsp coconut oil

1-2 slit fresh green chilies

3 tbsp tomato flesh (small diced)

½ cup coconut milk

½ tsp freshly ground black pepper

½ tsp freshly ground fennel seeds

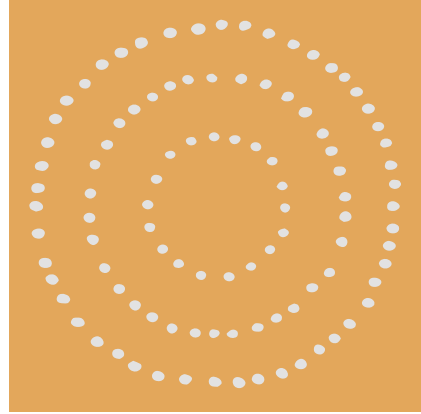
Sea salt to taste

FOR GARNISH

Lime wedges / fresh fennel leaves / dill leaves /
edible mustard flowers for garnish (optional)

FOR YOUR AROGYA

Limit oily foods. Use small amounts of
grapeseed oil, olive oil, avocado oil or canola oil
for cooking. Don't use the same type of oil all
the time. Rotate them.



Recipe!

METHOD FOR BRINING & MARINATION



STEP 1

Combine water, salt, black pepper, bay leaves and cilantro. Immerse cauliflower into the brine solution for upto 30 minutes at room temperature. Remove from brine solution and marinade.



STEP 2

Mix all the marinade ingredients and rub it on the cauliflower steak.

METHOD FOR CAULIFLOWER STEAK



STEP 1

Heat up a thick bottom cast iron pan, a thick stainless-steel pan or a terra-cotta pot.



STEP 2

Add 3 tbsp of coconut oil and heat it up until it smokes and place the marinated cauliflower side down.



STEP 3

Let it cook on high heat for 4-5 min then reduce it to medium heat for another 4 min.



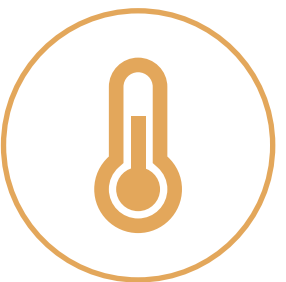
STEP 4

Turn the cauliflower around and cook it for 4 min. Top up the cauliflower with shallots / green chilies / fennel and black pepper.



STEP 5

Add coconut milk around the cauliflower and now place the pan inside the oven (375 F) for 5-8 min.



STEP 6

Use a cake tester and check the temperature of the thickest part of the cauliflower. Finish with sea salt, cilantro stems, tomato dices and lime wedges.

Coconut Quinoa

CHEF SRIJITH
GOPINATHAN

from TAJ CAMPTON PLACE
(San Francisco, CA)
www.tajcamptonplace.com/dining

& ETTAN (Palo Alto, CA)
www.ettanrestaurant.com

Chef Srijith Gopinathan is inspired by progressive yet honest food enhanced with Indian spices and the techniques he learned back home in India. After more than a decade he now defines it as Cal-Indian cuisine.

Coconut is **rich in fiber**, minerals like manganese, copper and **high in saturated fats**. It aids in digestive and bone health.

✓ HIGH FIBER

✓ VEGAN



Cooking Time - 30 mins



Serves - 2

Ingredients

FOR COCONUT QUINOA

1 tbsp any neutral oil

1 cup cooked red quinoa

½ cup steamed corn kernels (steam for 7 min)

2 tbsp grated coconut

4 tbsp coconut milk

2-3 curry leaves shredded

A pinch of cumin seeds, fennel seeds, and mustard seeds

Salt to taste

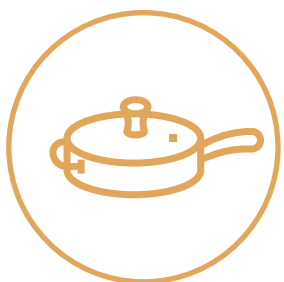
A few drops of lime juice

½ lime zest

FOR YOUR AROGYA

Nuts are an excellent snack. Keep them handy to tide you between meals.

Recipe!



STEP 1

Heat the oil to almost smoke.



STEP 2

Add the cumin seeds, fennel seeds, and mustard seeds and curry leaves and wait for mustard seeds to crackle.



STEP 3

Add corn, grated coconut, coconut milk and quinoa.

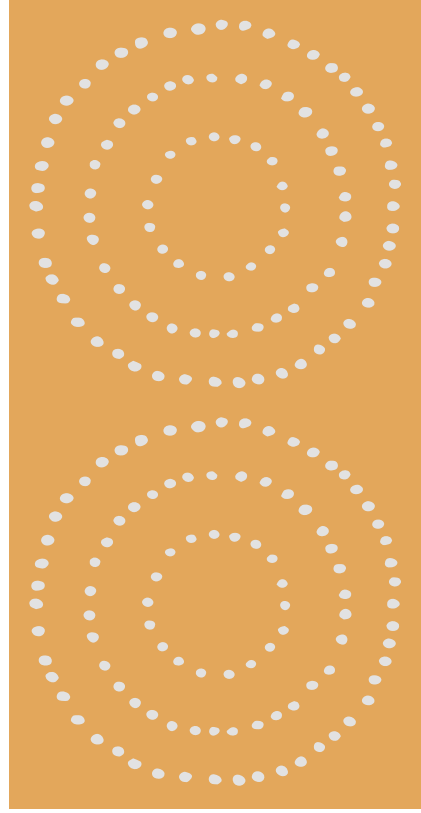


STEP 4

Season with salt and pepper, lime juice, lime zest. Warm through and ready to serve.

Michelin-star Chef Srijith Gopinathan demonstrated this dish at an Indiaspora (www.indiaspora.org) holiday culinary demo @ Thanksgiving 2020.

Green Squash, Snap Peas & Curry Leaves



CHEF SRIJITH GOPINATHAN

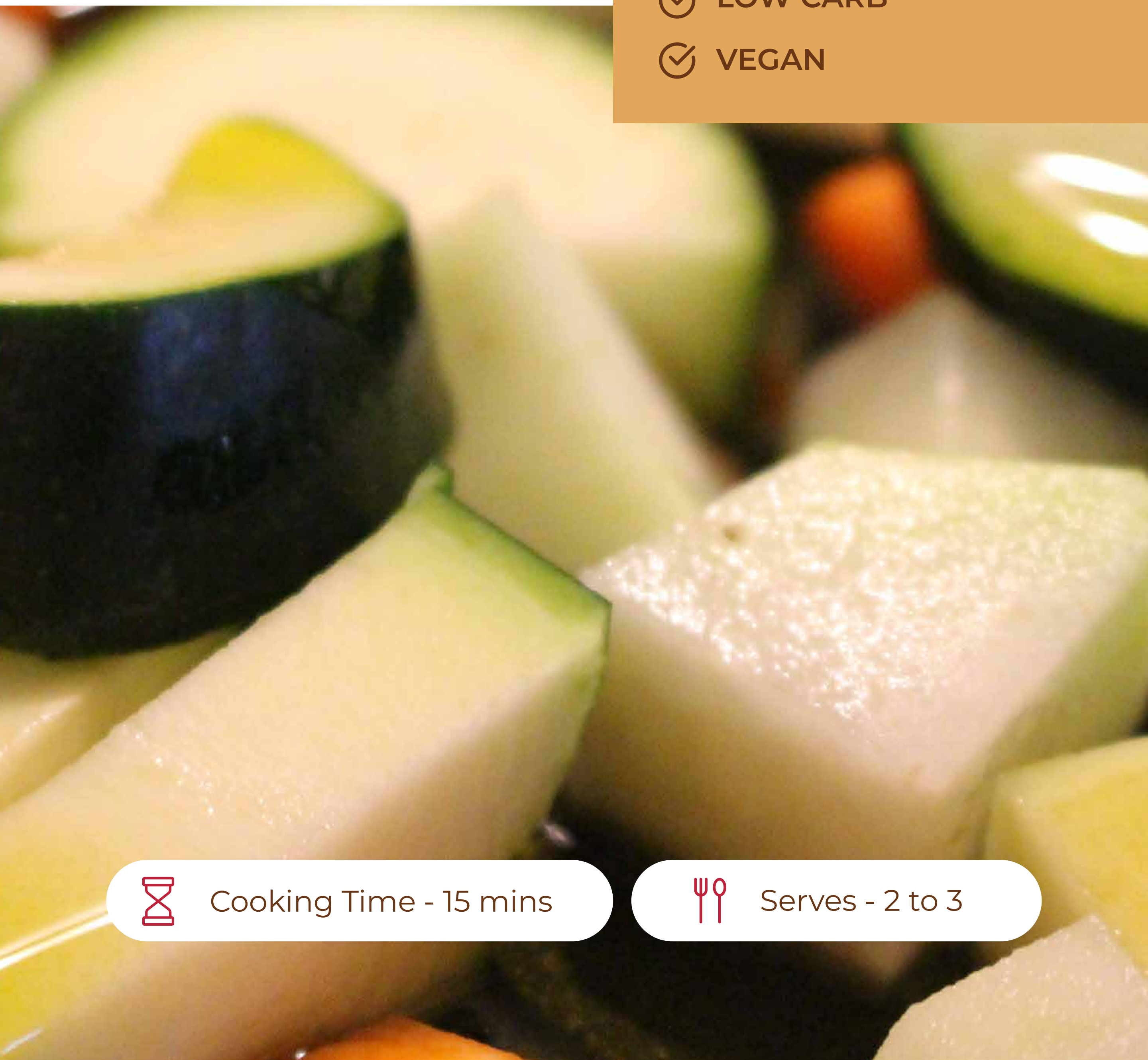
from TAJ CAMPTON PLACE (San Francisco, CA)
www.tajcamptonplace.com/dining

& ETTAN (Palo Alto, CA)
www.ettanrestaurant.com

Squash is rich in vitamin K and carotenoids which provides various health benefits. Snap peas are rich in vitamin C and vitamin K **necessary for heart health, blood clotting and building immunity.**

✓ LOW CARB

✓ VEGAN



Cooking Time - 15 mins



Serves - 2 to 3

Ingredients

FOR GREEN SQUASH, SNAP PEAS & CURRY LEAVES

2-3 tbsp olive oil

1 tsp black mustard

1 tsp cumin seeds

1 tsp garlic sliced

1 large green squash (cut into 1 inch dices or diagonals)

A hand full of snap peas (string it and halve it or keep it whole if you like)

½ tsp turmeric powder

1 bunch fresh curry leaves

2 tbsp grated coconut (optional)

2 tbsp almond flakes

1 tsp sea salt

1 tsp black pepper crushed

1 tsp lime juice

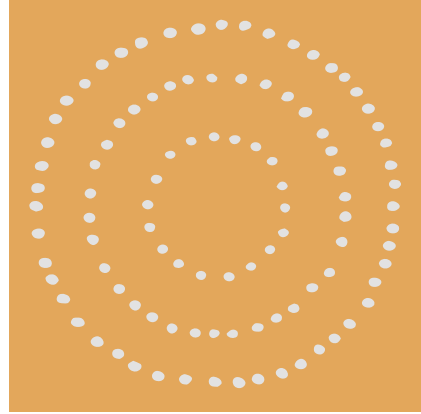
½ a lime's zest

Seasoning salt

FOR YOUR AROGYA

Sitting is the New Smoking. Sitting all day is one of the worst things we can do for our health. Make a point to walk around every couple of hours and schedule some kind of physical activity into your day.

Michelin-star Chef Srijith Gopinathan demonstrated this dish at an Indiaspora (www.indiaspora.org) holiday culinary demo @ Thanksgiving 2020.



Recipe!

METHOD FOR GREEN SQUASH SNAP PEAS & CURRY LEAVES



STEP 1

Heat up 3 cups of water with a tsp of salt. Blanch squash and snap peas until cooked but still crunchy (2-3 min)



STEP 2

Heat up the olive oil and add black mustard and cumin seeds and let it splutter. Add garlic slices.



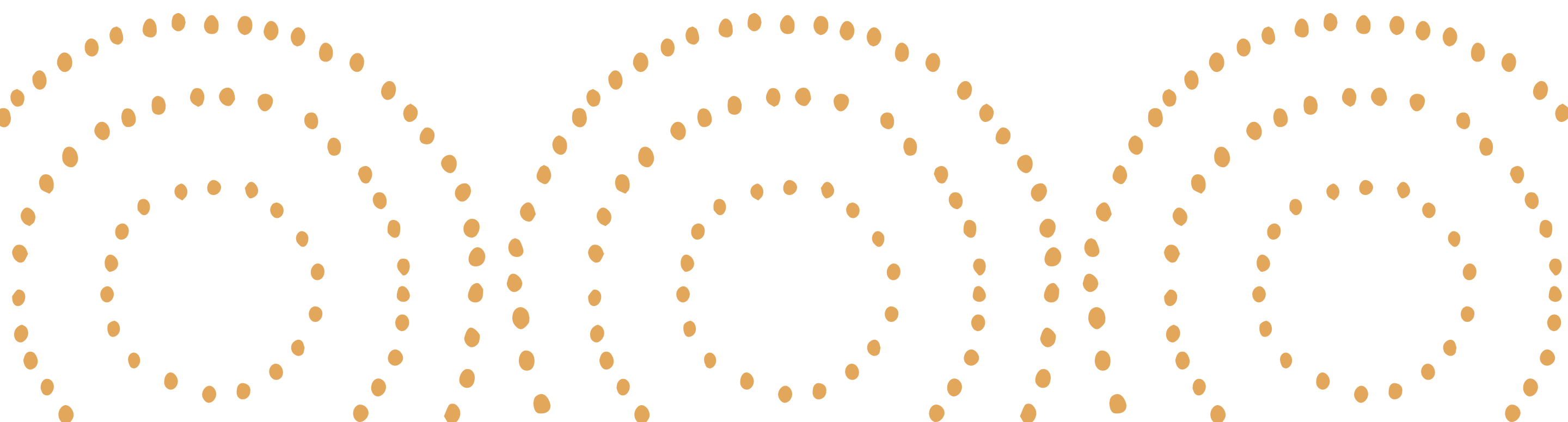
STEP 3

Add the diced / cooked squash and snap peas, add turmeric, grated coconut and cook it for 3-4 minutes.



STEP 4

Add curry leaves, almond and salt. Lime juice, zest and black pepper. Serve warm



Millet Halwa

CHEF SANJEEV
KAPOOR

One of the well-known faces of Indian cuisine. THE YELLOW CHILLI (Santa Clara, CA)

theyellowchillisantaclara.com/

Barnyard Millet is rich in **fiber**, **is gluten free**, **has a low glycemic index** and hence is helpful in reducing the risk of diabetes and improve cardiovascular and gut health.

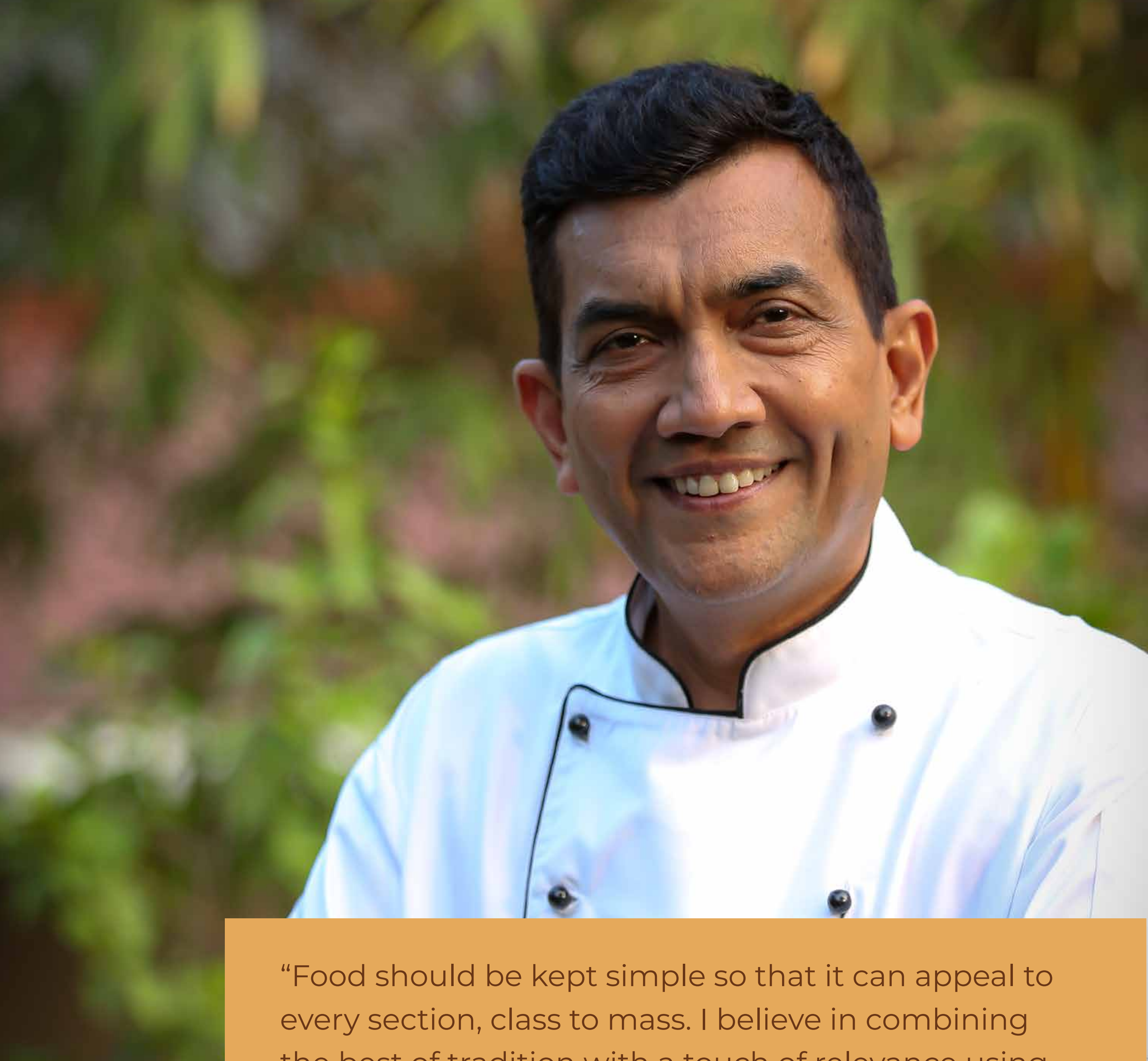
- ✓ HIGH FIBER
- ✓ GLUTEN-FREE



Cooking Time - 45 mins



Serves - 4 to 6



“Food should be kept simple so that it can appeal to every section, class to mass. I believe in combining the best of tradition with a touch of relevance using the freshest local ingredients and backing it up with the science of creating art.”

Ingredients

FOR MILLET HALWA

1 cup barnyard millet

4 tbsp ghee

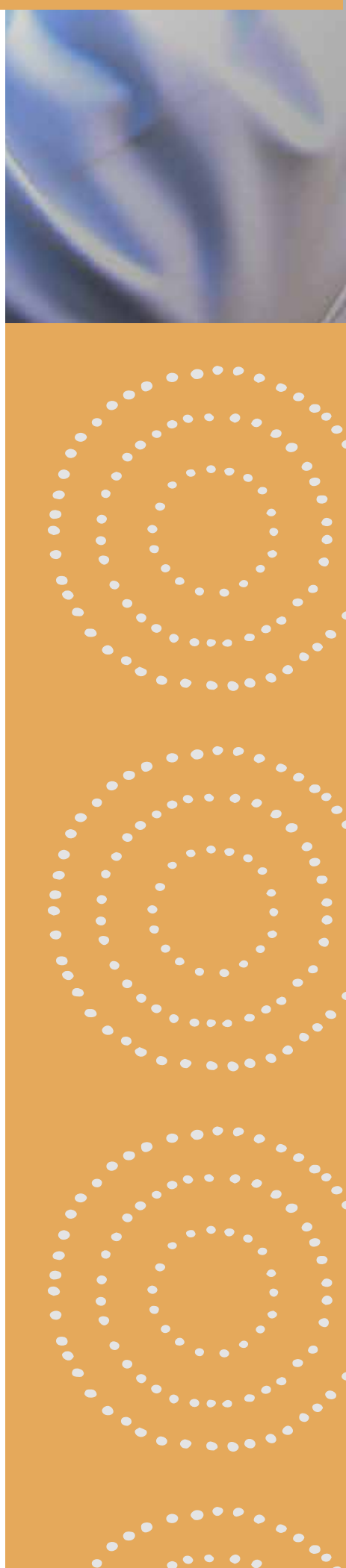
7-8 cashew nuts

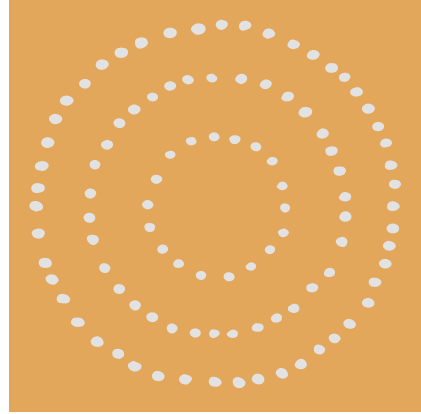
12-15 raisins

$\frac{3}{4}$ cup jaggery

$\frac{1}{2}$ tsp green cardamom powder

All recipe and image rights reserved by Chef Sanjeev Kapoor.
For more, log onto www.sanjeevkapoor.com





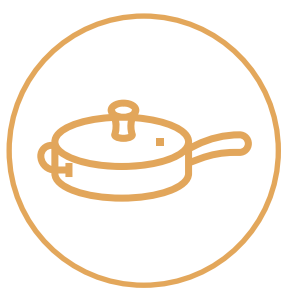
Recipe!

METHOD FOR MILLET HALWA



STEP 1

Heat 2 tbsp ghee in a non-stick pan, add cashew nuts and raisins, sauté until golden brown in color. Set aside.



STEP 2

In the same pan add millet and roast until golden brown in color. Add 2 cups water and let it boil, cover and cook till done.



STEP 3

Add jaggery and cook till the jaggery melts. Add remaining ghee, half of the fried nuts and green cardamom powder, mix well.

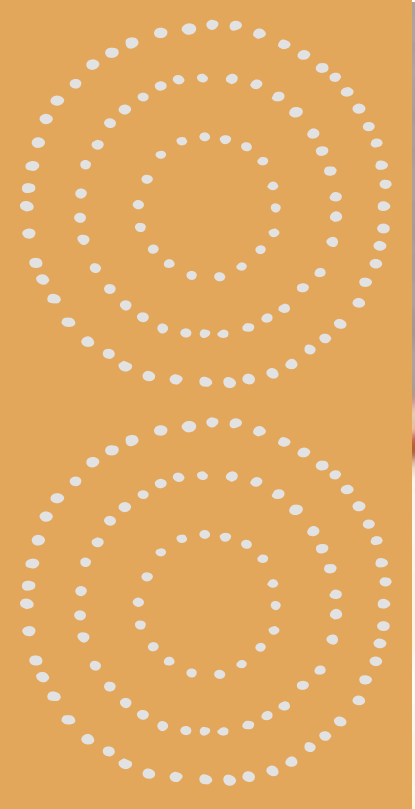


STEP 4

Serve hot garnished with remaining fried nuts.

FOR YOUR AROGYA

People with diabetes are 25 times more likely to develop blindness. If you have diabetes, regular visits to an ophthalmologist are important.



Lasooni Bajra Kadhi

CHEF SANJEEV
KAPOOR

*One of the well-known faces of
Indian cuisine.* THE YELLOW
CHILLI (Santa Clara, CA)

theyellowchillisantaclara.com/

✓ HIGH FIBER



Cooking Time - 45 mins



Serves - 4

Ingredients

FOR LASOONI BAJRA KADHI

1 small bunch fresh green garlic (hara lehsun)

2 tbsp pearl millet (bajra) flour

3 tbsp yogurt (dahi)

1 tsp ginger-garlic-green chili paste

Salt to taste

½ tsp turmeric powder

1 medium onion

1½ tbsp ghee

2 tsp oil

1 tsp mustard seeds

1 tsp cumin seeds

¼ tsp asafoetida (hing)

10-15 curry leaves

FOR TEMPERING

1 tbsp ghee

1 tbsp chopped green garlic

A pinch of fenugreek seeds

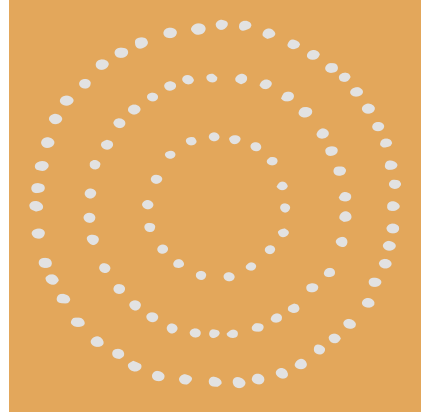
2 dried red chillies, broken

Bajra is a rich source of minerals like **iron, phosphorus, magnesium and potassium**. It is also high in insoluble fiber, which works as a prebiotic in our gut, and helps keep our digestive system healthy. Green garlic has compounds with medicinal properties (**antibacterial, anti-inflammatory**) and antioxidants which help in reducing the risk of cancer and promote heart health.

FOR YOUR AROGYA

Long gaps between meals can cause your blood sugar to drop. Try eating small meals and healthy snacks throughout the day to maintain blood sugar.

Recipe!



METHOD LASOONI BAJRA KADHI



STEP 1

Take pearl millet flour in a large bowl, add yogurt, ginger-garlic-green chili paste, salt, turmeric powder and $\frac{1}{2}$ cup water and whisk till smooth. Add 2 cups water and mix.



STEP 2

Finely chop green garlic and thinly slice onion.



STEP 3

Heat ghee and oil in a deep non-stick pan, add mustard seeds and cumin seeds and sauté for a few seconds. Add asafoetida and curry leaves and mix.



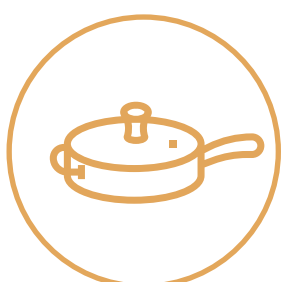
STEP 4

Add chopped green garlic and sauté well. Add sliced onion, mix and sauté till onion turns translucent.



STEP 5

Pour the yogurt mixture, stir and cook on high heat till the mixture comes to a boil. Reduce the heat to low, cook for 8-10 minutes.



STEP 6

Heat ghee in a small tempering pan, add green garlic and sauté till golden brown. Add fenugreek seeds and dried red chili, sauté for a second and pour into the kadhi.



STEP 7

Transfer the kadhi into serving bowl, serve hot with steamed rice and onion wedges.

Ginger & Curry Leaf Rasam

CHEF VIKAS
KHANNA

owner/chef at KINARA (Dubai, UAE), former executive chef at MICHELIN STAR RESTAURANT JUNOON (New York City, NYC) and founder of FEED INDIA

facebook.com/VikasKhannaGroup

We are highlighting the value of ginger. It helps in reducing nausea, lowers blood sugar levels, and also reduces pain after strength training. It has **powerful anti-inflammatory and antioxidant effects.**

✓ ANTI-INFLAMMATORY



Cooking Time - 45 mins



Serves - 4



Ingredients

FOR GINGER AND CURRY LEAF RASAM

½ cup dry red lentils

6 ¼ cups water

1 tsp ground turmeric

Salt to taste

2 tbsp vegetable oil

10 fresh curry leaves

2 tsp black mustard seeds

Pinch of asafetida

3 inch piece of fresh ginger (skinned & finely chopped)

1 medium tomato (finely chopped)

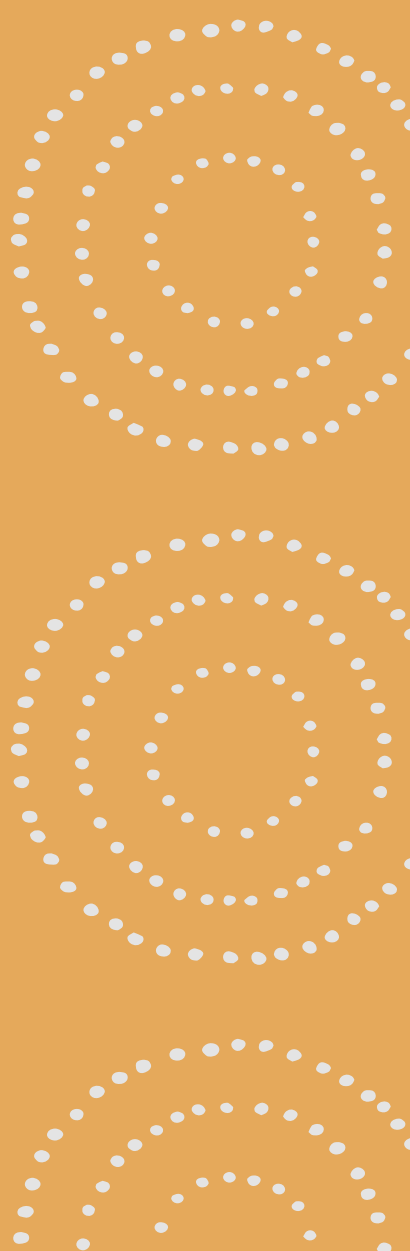
1 (12 ounce) can of coconut milk

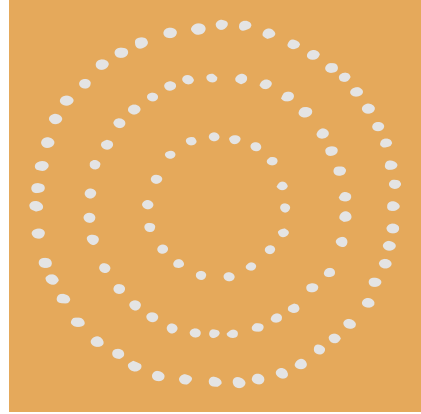
1 tbsp tamarind paste

1 tsp freshly ground black pepper

“The word “Rasam”, in Tamil language, means essence, or juice and by extension has come to mean a particular type of soup that includes the tartness of tamarind or tomatoes. The ingredients used in a Rasam vary but it is basically a light, spicy soup. Red Lentils have a tendency to cook quickly and are rich in protein, fiber and anti-oxidants. Turmeric has been used for hundreds of years in India as a major ingredient for cooking and in Ayurveda. My grandmother used to boil it with milk and give it to us when we were kids before sleeping. A small paste was applied when we would cut ourselves and also considered auspicious in ceremonies.

The spiciness of rasam can be adjusted to your taste. At times I add vegetables to this soup.”





Recipe!

METHOD FOR GINGER AND CURRY LEAF RASAM



STEP 1

Wash the lentils until the water runs clear. Add them to the water along with the turmeric & salt.



STEP 2

Cook over medium-high heat until the lentils are tender, about half an hour, skimming frequently with a spoon.



STEP 3

In a heavy-bottom pot, heat the oil and add the curry leaves, stirring until very fragrant, about a minute. Remove 4 leaves and reserve for the garnish



STEP 4

To the oil, add the mustard seeds, asafetida, ginger and tomato and cook until the tomato begins to dry, about 3 minutes.



STEP 5

Add the reserved lentils, water, coconut milk, tamarind, and black pepper. Bring it to a boil.



STEP 6

Reduce the heat and simmer for another 3 minutes.



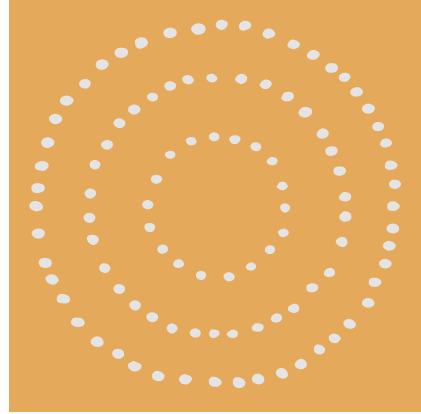
STEP 7

Season it with salt and serve hot, garnished with the fried curry leaves.

FOR YOUR AROGYA

Heart disease is responsible for 3 out of 4 deaths in people with diabetes. Walking more and eating healthy foods can help protect your heart.

Soybean Sprout & Persimmon Salad



CHEF VIKAS KHANNA

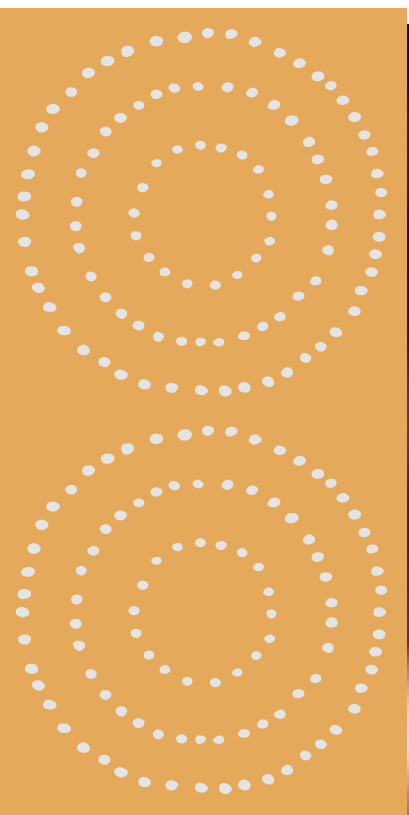
*owner/chef at KINARA (Dubai, UAE),
former executive chef at MICHELIN STAR RESTAURANT JUNOON
(New York City, NYC) and founder of FEED INDIA*

facebook.com/VikasKhannaGroup

Soybean sprouts are garnering increasing attention as a modern vegetable that not only taste delicious, but are also highly nutritious. In this recipe the sturdy, crunchy sprouts are combined with the Fuyu variety of persimmons which have exceptional flavor when ripe. The bright orange fruit is the national fruit of Japan. It contains no fat and **has a high content of fibers, vitamins A and C, and natural sugars.**

✓ HIGH FIBER

✓ LOW CARB



Cooking Time - 15 mins



Serves - 2

Ingredients

FOR SOYBEAN SPROUT AND PERSIMMON SALAD

6 ounces soybean sprouts (or bean sprout of your choice)

1 large ripe persimmon (peeled and sliced)

Juice of 2 lemons

2 tbsp finely chopped fresh cilantro

1 tsp chili flakes

Salt to taste

FOR YOUR AROGYA

Uncontrolled diabetes and high blood sugars for long periods of time can lead to kidney disease, heart disease, stroke, eye disease, skin disease and gangrene in feet. Diabetes is one of the leading causes of preventable blindness. These are all called diabetes complications.

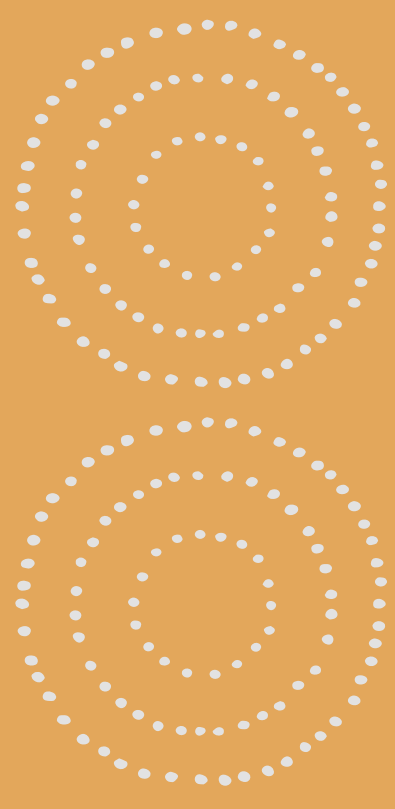
Recipe!

METHOD FOR SOYBEAN SPROUT AND PERSIMMON SALAD



Gently toss all the ingredients and serve chilled

Cauliflower Latkes with Fresh Mango Corn Relish



- ✓ HIGH FIBER
- ✓ KETO FRIENDLY

CHEF HEMANT
MATHUR

chef/owner of SAAR INDIAN BISTRO
(New York City, NY)
www.saarnyc.com

Michelin-starred Chef Hemant Mathur of *Tulsi* and *Devi* fame, seeks the perfect balance of fresh, flavorful ingredients and innovative Indian cuisine.

Cauliflower, a cruciferous veggie is **high in fiber, vitamin K1 and choline**. Choline plays an important role in synthesizing DNA, brain development and production of neurotransmitters.



Cooking Time - 30 mins



Serves - 8 to 10

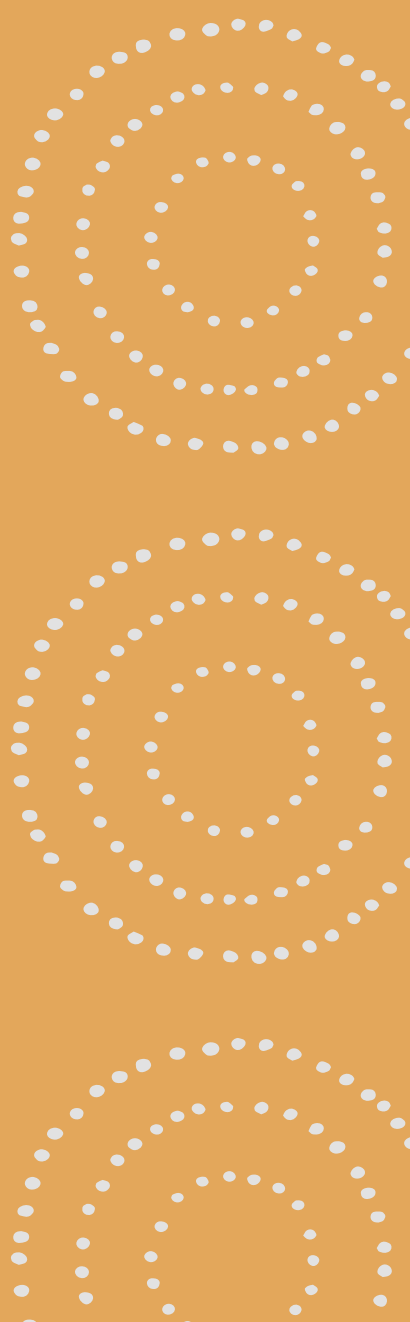


“I have always been inspired by the diversity of food I have had the pleasure to experience all over India and in the rest of the world and the connections between them. The first potato latka I tasted in New York took me right back to aloo tikkis I ate in India. Working in professional kitchens since a young age, I have always been very focused on flavor. Getting diagnosed with diabetes and raising a young impressionable daughter has shifted my focus to thinking about flavor always in conjunction with health. So I replaced the potatoes with mostly cauliflower which makes it much more nutritious. Instead of a traditional chutney, we take advantage of our summer bounty and serve it with a sweet and spicy relish with fresh mangoes and grilled sweet corn.”

Ingredients

FOR CAULIFLOWER LATKES

7 ½ cups of 1 ½ inch cauliflower florets (from 2 medium heads)
Ginger finely chopped
1 ½ to 2 cups of grated cheese of your choice (cheese should be dry. If using fresh cheese, please drain all the water before use)
½ cup + 2 tbsp of bread crumbs
¾ tsp salt
½ tsp chopped green chili
¼ tsp freshly ground black pepper
2-3 large eggs
Vegetable / canola oil for frying



Recipe!

METHOD FOR CAULIFLOWER LATKES



STEP 1

Cut cauliflower into small pieces, put into the food processor and make it super small.



STEP 2

Keep aside for a few minutes, squeeze water out of the cauliflower.



STEP 3

Add all the ingredients to the bowl. Make into patties and shallow fry on griddle.

FOR FRESH MANGO CORN RELISH

INGREDIENTS: 3 ears corn, shucked and rinsed; 1 tablespoon vegetable oil; 1 1/2 cups diced mango; 1/2 cup diced red bell pepper; 1/4 cup diced red onion; Juice of 1 lime; 1 green chili (optional); 2 tablespoons chopped fresh cilantro leaves; Salt to taste

METHOD: In a large bowl of water, soak corn for 30 min. Drain well. Preheat grill to medium high heat. Brush corn with corn oil and add to grill. Cook until grill marks appear, about 3-4 minutes on each side. Let it cool before cutting the corn kernels off the cobs. In a large bowl, combine corn, mango, bell pepper, onion, lime juice, cilantro, green chili and salt to taste. Serve immediately.

FOR YOUR AROGYA

Stopping smoking is one of the best things you can do for your health! If you have diabetes, it makes diabetes complications more severe.

Pani Puri

CHEF NIVEN
PATEL

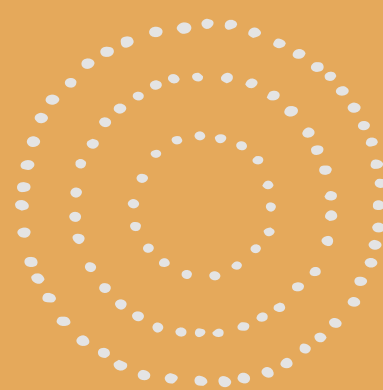
chef/owner GHEE INDIAN
KITCHEN (Miami, FL)

www.gheemiami.com/

This dish has many healthy ingredients. Kale and beetroot are loaded with vitamins and minerals. Moong bean sprouts are already a good source of **protein and insoluble fiber which helps prevent constipation. Sprouting also boosts the antioxidant and vitamin C levels** in moong bean.

✓ VEGAN

✓ HIGH PROTEIN



Cooking Time - 90 mins



Serves - 4



“I want guests to smell the aromas and spices and get more engaged in their meal. One of the things that I always tell my cooks is, ask questions, be inquisitive if you don’t know. I want the same for my guests.”

Ingredients

FOR PURI

1 cup fine semolina

2 tbsp all-purpose flour

1/8 tsp baking soda

A pinch of salt

5-6 tbsp room temperature water for kneading
(approx 3 oz, add as needed)

1-2 tsp oil (for greasing the board and rolling pin)

Oil, as required, to fry the puris

FOR GREEN JUICE

1 bunch of kale (about 5 oz)

1 inch piece of fresh ginger (peeled)

1 large smith apple (or any other kind apple)

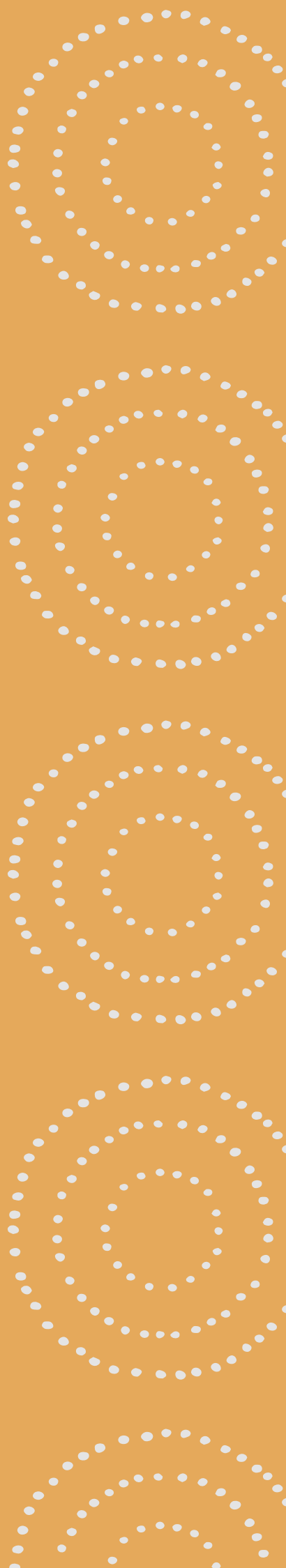
5 celery stalks, ends trimmed

½ large english cucumber

A handful fresh parsley (about 1 oz)

Pani puri masala

1 cup of ice cubes



FOR BEET AND SPROUTED MOONG FILLING

2 large beets
1/4 cup whole black peppercorns
2 cups mint (uncut)
1 fennel bulb (roughly chopped)
2 cups cilantro (uncut)
1 cup sprouted whole green moong
Tamarind date chutney (as per recipe below)
1 whole lemon (juiced)

FOR TAMARIND DATE CHUTNEY

1 cup pitted dates
1/4 cup tamarind
1/2 cup jaggery
1 cup water
1 tsp red chili powder
1 tsp cumin powder
1 tsp dry ginger powder
1 tsp black salt
Salt to taste

FOR YOUR AROGYA

Limit the amount of salt you use during cooking and don't add salt to your food at the table. In fact, remove the salt shaker from your table. You are allowed about 1 tsp in the whole day. Limit Indian pickles, chips, papads and other high-salt foods.

Recipe!

METHOD FOR GREEN JUICE



STEP 1

Wash and prep the vegetables. Cut them in large chunks.



STEP 2

Juice in the order listed (or add them to a blender and blend on high.)

METHOD FOR PURI



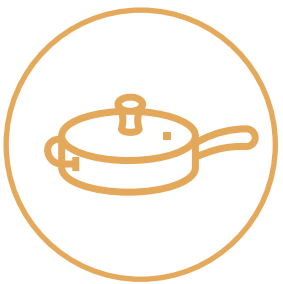
STEP 1

In a large mixing bowl take the semolina and the all-purpose flour. Add baking soda, salt and oil. Combine all the ingredients well.



STEP 2

Add 1/4 cup water and knead to smooth and soft. Add water as needed. Grease the dough with oil.



STEP 3

Cover and rest for 20 minutes or until the semolina absorbs moisture. Now knead the dough again making sure the dough is stiff absorbing moisture.



STEP 4

Divide the dough into half and dust with all-purpose flour. Roll the dough as thin as possible using a rolling pin.



STEP 5

Using a small cookie cutter, begin to cut out small circles. Drop the circles in heated oil and press with the spoon to help it puff up.



STEP 6

Once they puff, it will automatically turn over. If not, once the bottom side is golden brown, turn over the puri.



STEP 7

Fry the puri till golden brown and crisp. Remove the puri and drain over tissue paper to remove excess oil.

METHOD FOR SPROUTING MOONG

Clean the moong and wash it in a lot of water. Rinse it off with slightly hot water. Soak in boiled and cooled water for 8-10 hours. Drain them to a colander. Transfer to a clean cotton or muslin cloth and make a tight knot. In 8 hours, the moong should have sprouted.

METHOD FOR TAMARIND DATE CHUTNEY



STEP 1

Into a pressure cooker add dates, jaggery, tamarind, and water. Pressure cook for 3 to 4 whistles.



STEP 2

Turn off the heat and allow the pressure to release naturally.



STEP 3

Once released open the pressure cooker and with the help of a hand blender, blend the tamarind and dates to make a coarse mixture.



STEP 4

Place the pressure cooker back on heat and add the chili powder, cumin powder, dry ginger powder, black salt and salt to taste.



STEP 5

Add little water to adjust the consistency and simmer for 3 to 4 minutes. Turn off the heat and cool.

METHOD FOR BEET AND SPROUTED MOONG FILLING



STEP 1

Steam beets along with 12 cups of water, mint, cilantro, fennel bulb, salt and whole black peppercorns for 1 hour or until beets are cooked through.



STEP 2

Once cooled down dice beets in 1/4 squares. Mix in sprouted whole green moong and tamarind date chutney with salt to taste and lemon juice to taste.



STEP 3

Discard water with cilantro, fennel and mint. Serve with cooled puris and green juice.

Avocado & Green Chickpea Bhel

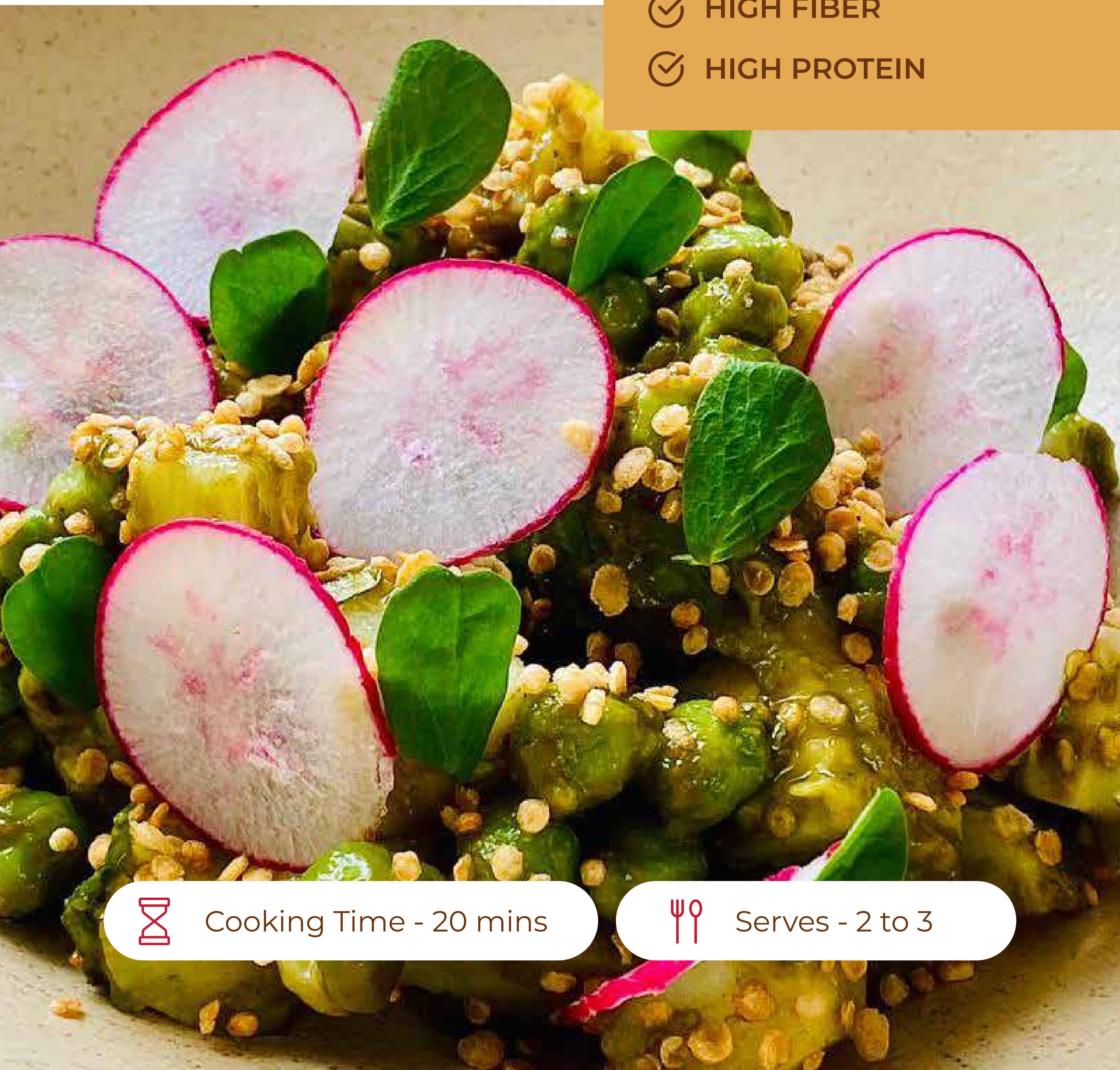
CHEF SUJAN SARKAR

from ROOH (Chicago, IL) *owner* MANISH MALLICK

www.roohchicago.com

From a nutrition perspective, Avocado is the reason we love this dish. Avocado is a unique fruit, and even though it is high in calories, it has important **heart friendly fats, including omega 6 fatty acids.**


- ✓ HIGH FIBER
- ✓ HIGH PROTEIN



Cooking Time - 20 mins



Serves - 2 to 3

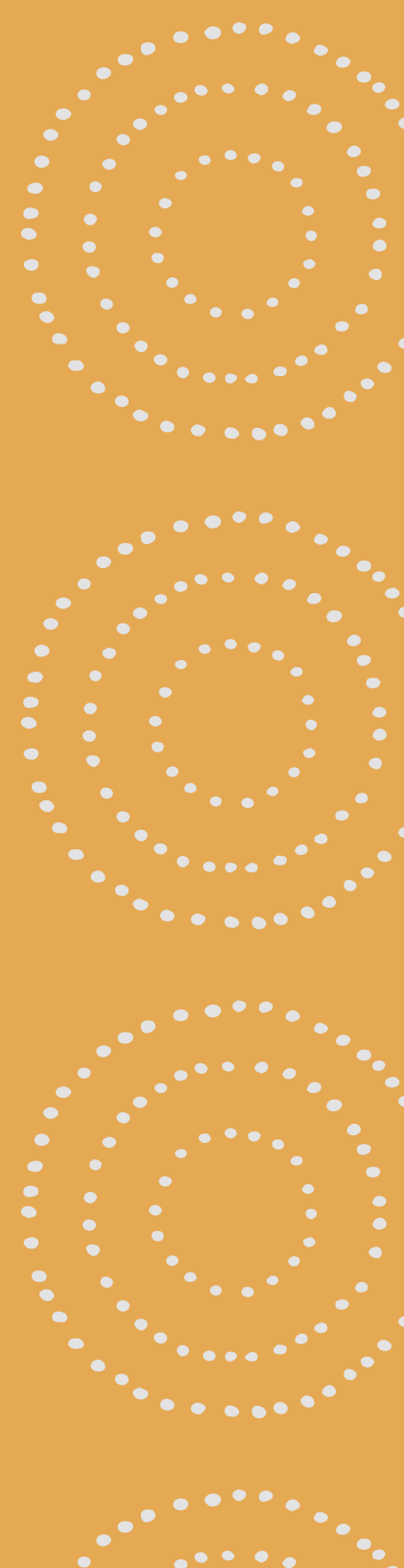
A portrait of Chef Sujan, a man with a full dark beard and a shaved head, wearing a white chef's coat. He is looking directly at the camera with a slight smile. The background is a warm, textured wall with a hint of a kitchen interior on the right.

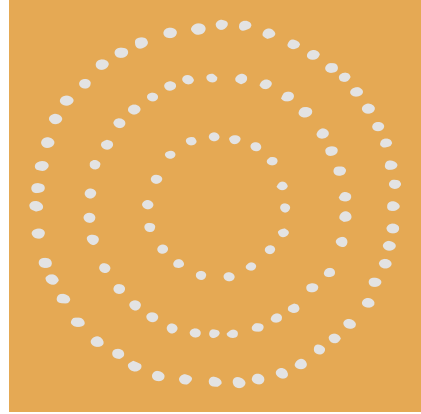
Championing progressive cooking is deeply rooted in tradition, Chef Sujan was an early adopter of the farm to table movement and his experiments with decades-old recipes have led to the birth of ambitious projects like ROOH Chicago.

Ingredients

FOR AVOCADO & GREEN CHICKPEA BHEL

2 oz green/black chickpeas
1 medium avocado (diced into 1 inch cubes)
1 small green apple (diced into 1 inch cubes)
1 small boiled potato (diced into ½ inch cubes)
1 red/white onion (diced into ½ inch cubes)
1 oz cilantro leaves (chopped)
1 oz tamarind chutney (Deep Brands)
¼ tsp chat masala (MDH)
Salt to taste
1 lemon (juiced)
1 thai green chili (seeded & chopped)





Recipe!

METHOD FOR AVOCADO & GREEN CHICKPEA BHEL



STEP 1

Pre-cut green apple and toss with lemon juice.



STEP 2

Dice the potatoes and onions. Chop the cilantro.



STEP 3

In a mixing bowl add in all the dry ingredients and add seasoning.



STEP 4

De-seed the avocado and cut it to a medium dice



STEP 5

Mix the avocado with the rest of the mixture.

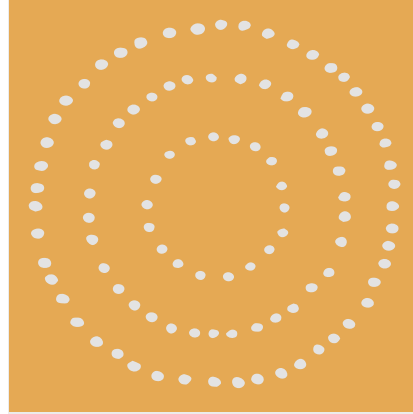


STEP 6

Add lemon juice, tamarind chutney, adjust seasoning and taste. Serve it cold.

FOR YOUR AROGYA

One half of your plate should be fruits and vegetables.
Eat 5 servings of fruits and vegetables a day.



Millet & Lentil Khichdi

CHEF SUJAN
SARKAR

from ROOH (Chicago, IL)
owner MANISH MALLICK
www.roohchicago.com

Millets are whole grains,
rich in fiber and protein.
Khichdi, a gluten free dish that
mixes millets with lentils,
becomes an excellent source
of complete protein. It can
help with weight loss, can
improve heart health and
reduce the risk of diabetes.

✓ GLUTEN FREE

✓ HIGH PROTEIN



Cooking Time - 60 mins



Serves - 2 to 3



Ingredients

FOR BUTTERNUT SQUASH, LENTIL & MILLET

1 butternut squash (washed and diced)

¼ tsp salt

¼ tsp turmeric

1 qt water

2 oz pre-soaked sorghum millet

2 oz pre-soaked provo millet

1 oz yellow lentil

3 qt water (for millets and lentil)

2 tsp salt (for millets and lentil)

FOR TEMPERING

1 tbsp ghee/clarified butter

1 onion (chopped)

2 tomatoes (chopped)

1 tsp chopped garlic

1½ tsp chopped ginger

1 tsp cumin

½ tsp salt

½ tsp red chili

4 g turmeric

1 tsp roasted cumin powder

5 g cilantro roots (chopped)

5 g cilantro leaves (chopped)

1½ tsp mango pickle paste

1½ pint water

1 lemon juiced

FOR YOUR AROGYA

People of Indian origin are at very high risk for diabetes.

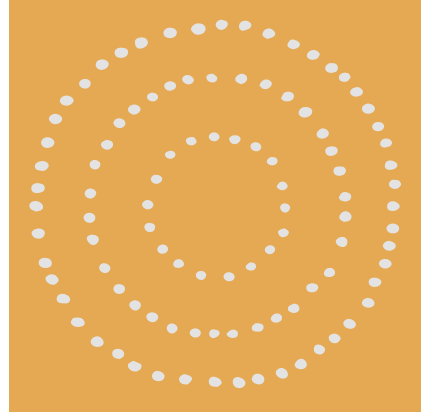
Indian Americans have 4 times the risk as Caucasians. Fortunately, type 2 diabetes can largely be prevented with healthy living.

Recipe!

METHOD FOR COOKING BUTTERNUT SQUASH



In a stock pot add in water, salt and squash. Let it cook for 15 minutes.



METHOD FOR COOKING MILLETS AND LENTIL



STEP 1

Soak sorghum millet overnight.



STEP 2

Cook all the millets in different pots with ½ tsp of salt. Lentil and pros millet will cook in 15-20 mins and should have a little texture. Once done strain and reserve for later. Sorghum Millets will take approximately 1 hour to cook and should have a little bite. Once done strain and reserve for later.

METHOD FOR COOKING KHICHDI



STEP 1

In a saute pan/ medium stock pot, add ghee/clarified butter and set it on induction/ stove top, once it heats up add cumin seeds cook for 10 sec and add ginger garlic.



STEP 2

Once cooked till translucent add onion & cook further, add salt keep stirring add in red chili powder and turmeric and keep water handy, add in little bit if required.



STEP 3

Cook for 3-4 mins add in lentils and cook further with more water.



STEP 4

Once 70% water is incorporated and some evaporated, add in the pickle paste and stir. Add in salt, cumin powder and cook further.



STEP 4

Finish with chopped coriander and lemon juice. Taste and adjust seasoning required.



Cooking Time - 60 mins



Serves - 8 to 10



✓ VEGAN

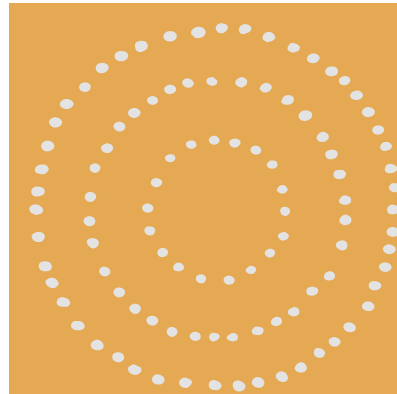
✓ HIGH PROTEIN

Punjabi Channa Masala

CHEF ANUPY SINGLA

from INDIAN AS APPLE PIE
www.indianasapplepie.com

Chickpeas are an excellent source of protein and fiber. With a low glycemic index, they can help prevent type 2 diabetes.





"The point where 'healthy' and 'delicious' intersect is where I reside when it comes to my cooking and my cookbooks and I am very proud to incorporate that philosophy into my products as well. When you make it easy as well, then there's no better combination in the kitchen."

Ingredients

FOR PUNJABI CHANNA MASALA

3 cups kabuli channa (dried white chickpeas) (picked over, washed, soaked overnight, and drained)

1 tbsp oil or ghee

1 pinch hing (asafoetida) (optional)

2 tsp cumin seeds

½ tsp turmeric powder

¼ cup chopped yellow or red onion

2 tbsp grated or ground ginger

3 cloves of garlic (ground or minced)

1-4 thai, serrano, or cayenne chiles (stems removed and minced)

1 medium tomato (ground in food processor)

1 tbsp unsalted tomato paste

2 tsp garam masala

2 tsp coriander powder

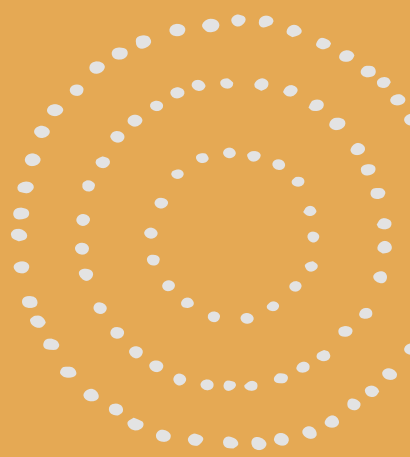
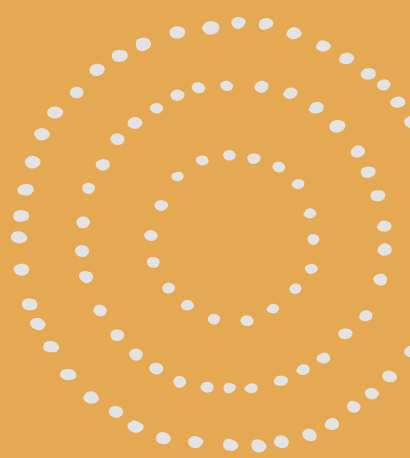
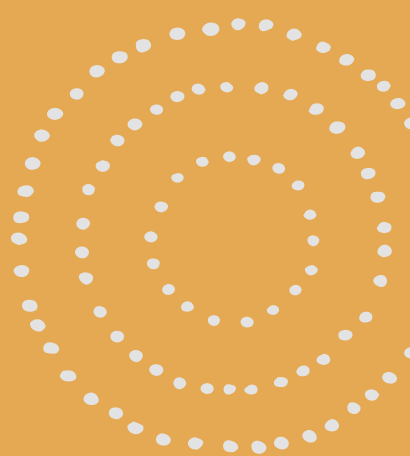
2 tsp red chile powder or cayenne pepper

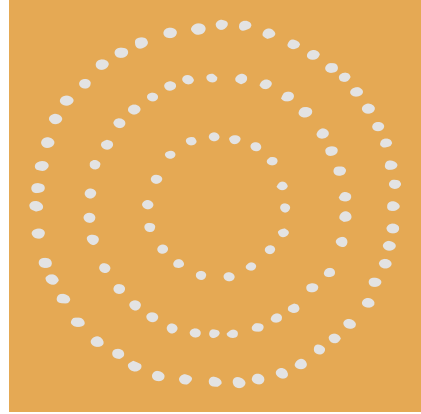
1 tbsp chana masala

1 tbsp salt

5 cups water

2 tbsp chopped fresh cilantro





Recipe!

METHOD FOR PUNJABI CHANNA MASALA



STEP 1

Soak chickpeas in boiled, hot water for at least 1 hour. Drain and discard the water. Set aside.



STEP 2

Place the inner cooking pot in your Instant Pot. Select the SAUTE setting and adjust to MORE. When the indicator flashes HOT, add oil. Once the oil is hot, add hing and cumin. Mix well and cook for 40 seconds until the seeds are reddish brown.



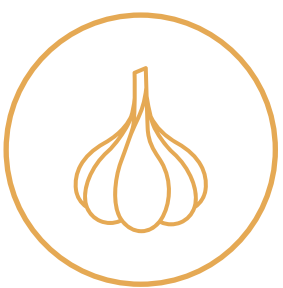
STEP 3

Add turmeric. Cook for 30 seconds.



STEP 4

Carefully add the onion. Mix well. Cook for 1 minute. If it starts to dry out, add 1 tablespoon of water.



STEP 5

Add ginger and garlic. Cook for 1 minute, mixing well.



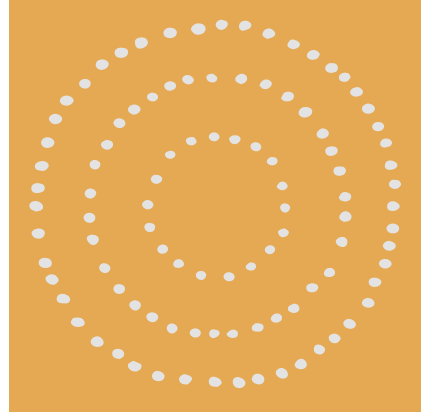
STEP 6

Add fresh chilies, tomato, and tomato paste. Stir and cook for 1 minute.



STEP 7

Add garam masala, coriander powder, red chili, Channa masala, salt, soaked and drained chickpeas, and water. Stir.



STEP 8

Lock the lid into place. Make sure that the pressure release valve is in place and set to the sealing position (upwards). Press the PRESSURE COOK button until the panel indicates MORE and adjust the time to pressure cook for 30 minutes.



STEP 9

Once the cooking is completed, allow the pressure to release naturally for 10 minutes. Then, manually release the remaining pressure.



STEP 10

Add cilantro. Serve over basmati rice. If you want to thicken this up, break down a few of the chickpeas with the back of a spoon.

FOR YOUR AROGYA

According to the World Health Organization, 80% of heart disease, 80% of type 2 diabetes and 40% of cancers can be prevented with 3 lifestyle changes – you must eat right, exercise and avoid tobacco. Prevention through healthy living is at the core of all Arogya World's work.




Aviel

CHEF DEEPA THOMAS

from DEEPA'S SECRETS
www.deepassecrets.com

 HIGH FIBER



Deepa Thomas, entrepreneur and author, has combined her passion for journalism with her newfound passion for cooking, deconstructing the principles of the most successful diets and healthy living practices in order to reconstruct a simple, slow carb New Indian cuisine.

Deepa has served as a trustee of Rhode Island School of Design, a Commissioner of the Asian Art Museum and trustee of Grace Cathedral in San Francisco.

She won the James Beard Award in 2018 for her cookbook/memoir, *Deepa's Secrets*.



Cooking Time - 45 mins



Serves - 4





“Let food be thy medicine, thy medicine shall be thy food.”
This Hippocrates quote sums up her philosophy. Every morsel of this approach is about layers of delicious flavor. NO suffering!

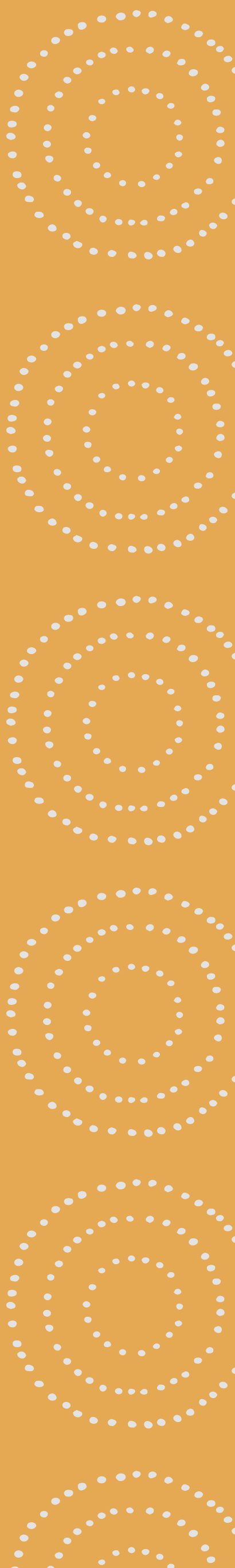
Ingredients

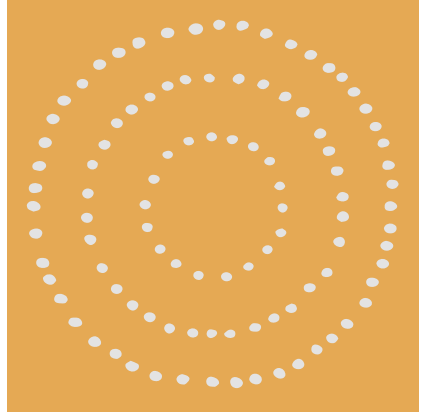
FOR YOGURT DRESSING

2 cups grated coconut
1 cup water
1 tbsp cumin seeds (toasted and ground)
1 jalapeno (roughly chopped)
1 tbsp fresh ginger paste
½ tsp fresh garlic paste
1 cup greek yogurt

VEGETABLES REQUIRED

2 yukon gold potatoes (peeled)
2 cups string beans
1 carrot
1 zucchini
1 yellow, red and orange bell pepper





FOR SAUTE

- 1 tbsp unrefined coconut oil
- 1 yellow onion (cut into 2 inch pieces)
- 6 curry leaves
- ½ tsp salt
- ½ tsp fresh ground black pepper

FOR TADKA (TEMPERING)

- 1 tbsp unrefined coconut oil
- 1 tsp black mustard seeds
- 6 curry leaves
- 1 shallot (sliced)
- ¼ tsp cayenne flakes

Mixed veggies (yellow, red and orange bell peppers, zucchini, carrot, beans) are all rich in carotenes, vitamin C, fiber and antioxidants required for **reducing inflammation and building immunity.**

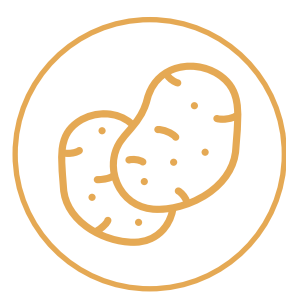
Recipe!

METHOD FOR AVIEL



STEP 1

Puree yogurt dressing ingredients in a blender or food processor. Set aside.



STEP 2

Add potatoes and beans in a large pot of salted boiling water for 2 minutes. Add carrots, blanch for 1 minute more.



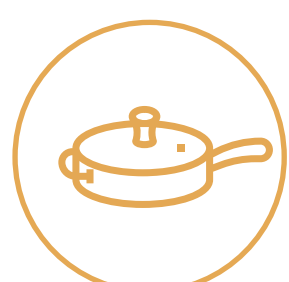
STEP 3

Add zucchini and bell peppers, blanch for an additional minute. Vegetables should be firmly cooked, not mushy. Drain.



STEP 4

Heat coconut oil and saute onions. When onion begins to brown, add curry leaves (protect yourself from crackling leaves, with a lid) and stir for 30 seconds.



STEP 5

Add blanched vegetables and continue sautéing for 2 minutes. Don't overcook! Season with salt and pepper.



STEP 6

Add yogurt dressing to the sautéed vegetables and toss gently to avoid breaking up the vegetables.



STEP 7

Heat coconut oil in a large 12 inch saucepan over medium heat. Add mustard seeds and curry leaves (shield yourself from spluttering with a lid).



STEP 8

Add shallot and stir until it begins to brown (5 minutes). Lower heat and add cayenne flakes. Stir for one minute and spoon tadka over the sautéed and yogurt-dressed vegetables.



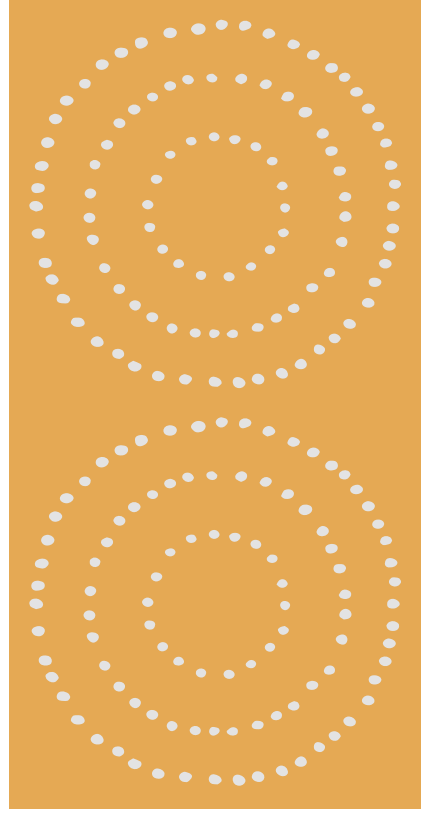
STEP 9

Drizzle with a final tablespoon of coconut oil as a booster! Check seasoning. Serve warm or at room temperature.

FOR YOUR AROGYA

New 2020 physical activity guidelines from the World Health Organization say it is important to be physically active 150-300 minutes a week. That means one must fit in a 45 minute brisk walk EVERYDAY.

Chicken Tikka



CHEF MANISH TYAGI

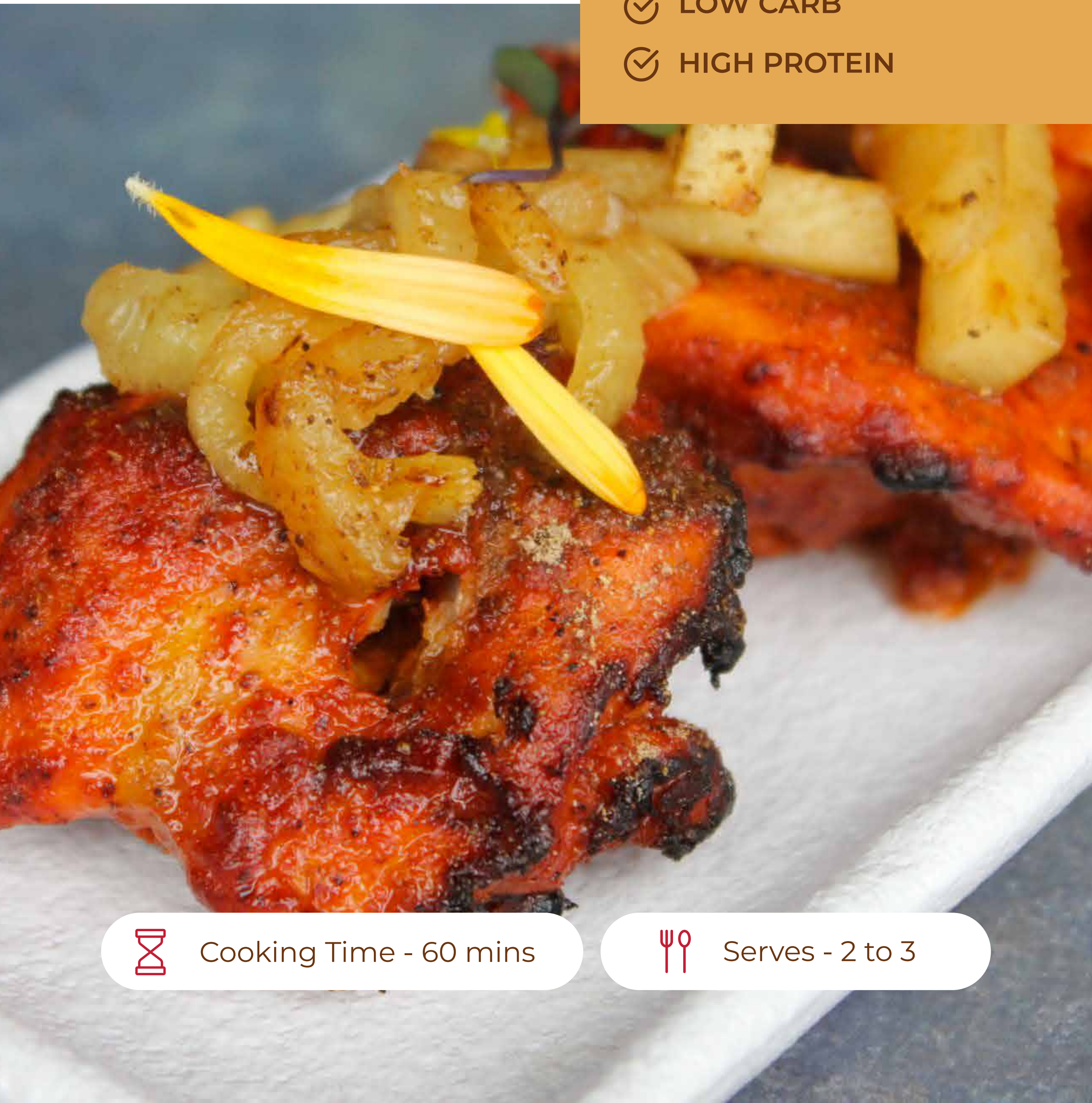
from AUGUST (1) FIVE (San Francisco, CA)

owner HETAL SHAH

www.augustfive.com

Chicken is a good source of **lean protein** which helps in muscle building and promotes bone health. It also contains **choline and B12** which aids in brain development and cognitive functioning.

- ✓ LOW CARB
- ✓ HIGH PROTEIN



Cooking Time - 60 mins



Serves - 2 to 3

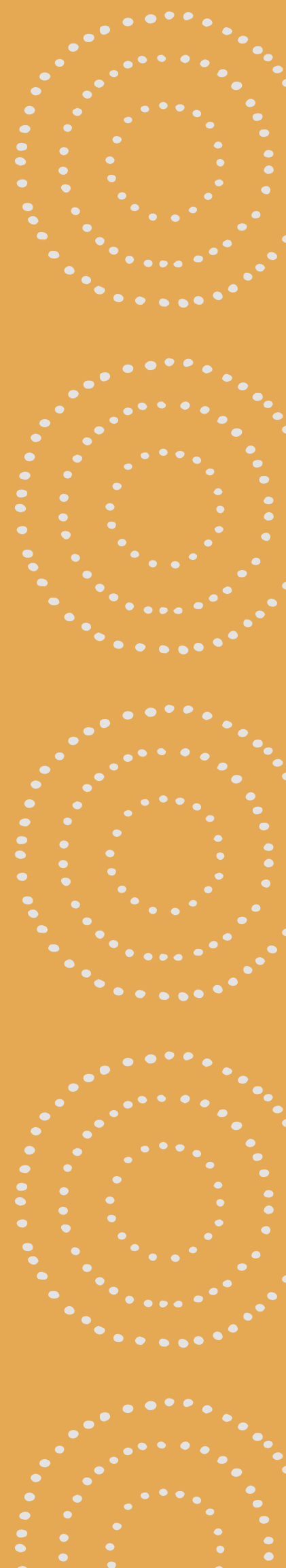


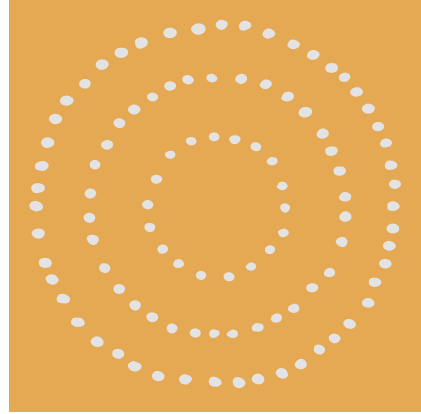
"I hope to spread the healthful and aesthetic virtues of food from my native country “India”, to the wider world."

Ingredients

FOR CHICKEN TIKKA

- 1 lb boneless and skinless chicken thigh (1 inch pieces)
- 2 tbsp thick full fat yogurt
- 1 tbsp mustard oil
- 2 tbsp ginger garlic paste
- 1 tsp deggi mirch (red chili powder)
- 2 tsp coriander powder
- 1 tsp garam masala
- 1 tsp kasoori methi leaves powder
- 2 tbsp lemon juice
- Salt to taste





Recipe!

METHOD FOR CHICKEN TIKKA



STEP 1

Marinate chicken with 1 tbsp lemon juice, 1 tbsp ginger garlic paste and salt. Mix it well and leave for 10 minutes.



STEP 2

In a mixing bowl, add all the remaining ingredients of chicken tikka and make a smooth marinade. Keep aside for 10 mins. Squeeze all excess liquid from chicken and mix it well with marinade and leave it for 30-45 minutes in the refrigerator.



STEP 3

Preheat your oven at 360F. Arrange chicken on a baking tray and cook for 20-25 minutes. If you are using an air fryer then cook for 10-15 minutes.



STEP 4

Allow chicken tikka to cool down. Cut in half and keep aside.

FOR YOUR AROGYA

Do you have family members with diabetes? If so, you may be at risk for diabetes yourself. Eat more vegetables and fruits. Reduce carbs. Avoid sugar and sweets. Walk daily.

Palak Paneer

CHEF KIRAN
VERMA

owner KIRAN'S (Houston, TX)
www.kiranshouston.com

Paneer is an excellent source of **good quality protein, as well as calcium and B12**. Paneer helps us build strong muscles and bones, improves metabolism and boosts immunity.

- ✓ HIGH FIBER
- ✓ HIGH PROTEIN



Cooking Time - 30 mins



Serves - 8



Chef Kiran Verma, considered the ‘godmother of Indian fine dining,’ has created world-class Indian cuisine at her eponymous restaurant, which reopened at its new location in Upper Kirby in January 2017. Chef Kiran is a self-taught chef who has been guided by her Indian upbringing and a love of fine cuisine. She defines her cuisine as a combination of cultures, philosophies and cooking techniques.

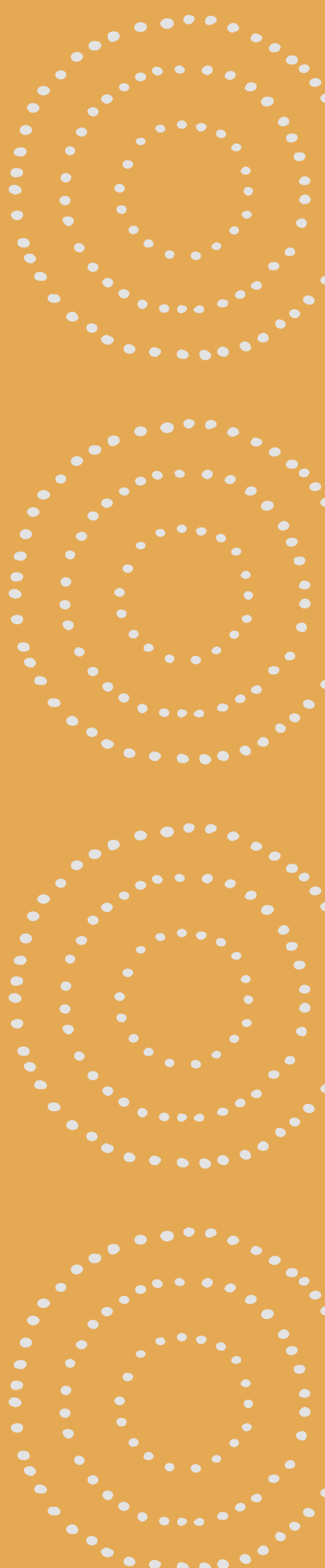
Ingredients

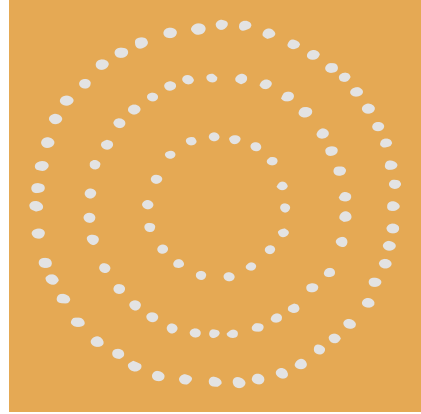
FOR PALAK PANEER

4 lbs fresh spinach leaves
(finely chopped)
2 oz ginger-garlic paste
1 tsp kosher salt
2 serrano peppers
6 roma tomatoes
2 red onions (finely chopped)
1 pint heavy whipping cream
1 tsp garam masala
4 oz clarified butter
8 oz paneer

FOR TADKA (TEMPERING)

1 oz butter
¼ oz asafoetida
½ oz dry fenugreek





Recipe!

METHOD FOR PALAK PANEER



STEP 1

In a heavy bottom pan, add butter and cook onion and ginger-garlic paste until golden brown.



STEP 2

Add peppers. Saute for a few seconds. Add tomatoes. Cook for 10 minutes.



STEP 3

Add garam masala and cook for a couple of minutes. Add spinach and cook for 5 minutes.



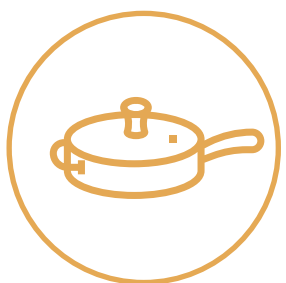
STEP 4

Blend mixture coarsely in a food processor or with an immersion blender.



STEP 5

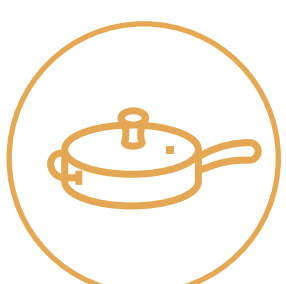
Add cubes of paneer and finish off with cream.



STEP 6

Pour tadka over the mixture before serving.

METHOD FOR TADKA

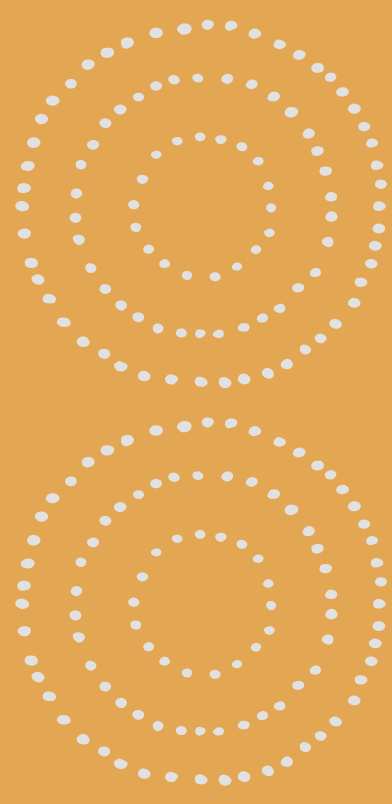


Heat the butter. Add asafoetida and fenugreek. Cook for one minute.

FOR YOUR AROGYA

A useful fitness challenge can be to clock 50,000 steps each week. It is attainable for most people, even those with sedentary lives.

Salmon with Coconut Curry Sauce



✓ KETO FRIENDLY

✓ HIGH PROTEIN

RENU ADVANI

Salmon is rich in **proteins and omega 3 fats, potassium and selenium** which play an important role in reducing the risk of chronic degenerative disorders.



Cooking Time - 45 mins



Serves - 4



Ingredients

FOR SALMON

2 lbs of salmon (skin removed)

1 tsp of kosher salt

1 tsp ground peppercorn

1 tsp of ground cumin

1 tsp of ground coriander

1 tsp of ground fennel

1 tsp of olive oil

2 tbsp of coconut oil

FOR COCONUT CURRY SAUCE

2 tbsp of coconut oil

20-30 whole curry leaves

1 tbsp of mustard seeds

1 tbsp of cumin seeds

1 tbsp of fennel seeds

1 tbsp of ground peppercorn

1 medium-sized red onion (finely chopped)

6 medium-sized tomatoes (finely chopped)

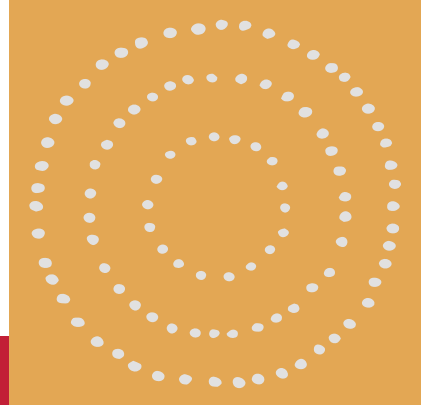
1½ - 2 tbsp of kosher salt (to taste)

2-4 tsp of ground dried red chilies or 1-2 tsp of
cayenne pepper (to taste)

2 cups coconut milk

2 tsp of fresh lemon juice

½ cup of freshly chopped cilantro or 10 curry leaves



FOR YOUR AROGYA

People with underlying NCDs and obesity have a higher risk for more severe disease from COVID. Prevent NCDs **and** prepare for future pandemics through healthy living.

Recipe!

METHOD FOR SALMON WITH COCONUT CURRY SAUCE



STEP 1

Season salmon with salt, ground pepper, cumin, coriander and fennel. Gently rub over the salt with 1 tsp of olive oil. Refrigerate for 20 minutes.



STEP 2

To make the sauce, heat 2 tbsp of coconut oil with the curry leaves, along with the mustard, cumin and fennel seeds, and ground peppercorns in a large skillet over medium-high heat for 2 minutes or until mustard seeds start to pop.



STEP 3

Add the onions and cook, stirring occasionally, until the sauce thickens, about 10 minutes.



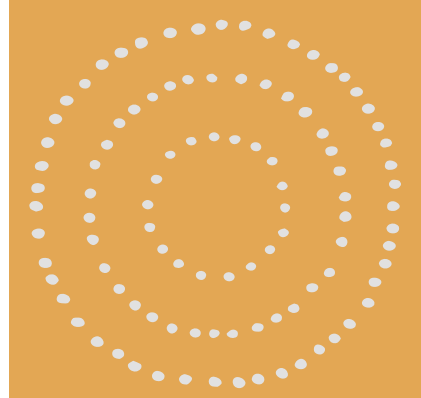
STEP 4

Add the chopped tomatoes, and the salt and chilies or cayenne pepper (to taste), stirring occasionally until softened, about 15 minutes.



STEP 5

Add the coconut milk and simmer for 10 minutes, stir in 2 tsp of lemon juice. Set aside.



STEP 6

Heat 2 tbsp of coconut oil in a large skillet over high heat. Add salmon and sear for 2-3 minutes (fatty side down) until partially cooked.



STEP 7

Flip salmon and pour sauce over the salmon. Simmer on low-medium until salmon is nearly cooked through to the center, approximately 7-8 minutes.



STEP 8

Top with freshly chopped cilantro and a few additional curry leaves and serve immediately.

SIDES

RAITA

INGREDIENTS: 2 cups of plain low-fat yogurt, 1 medium-size tomato, finely chopped, 1 small-size red onion, finely chopped, 1 cup of fresh cilantro, roughly chopped, 2 tsp toasted cumin, 1 ½ tsp kosher salt, 1 tsp chaat masala, ½ tsp ground peppercorns, ¼ tsp cayenne powder

METHOD: Whip all of the ingredients in a large bowl and serve immediately. Can be refrigerated up to 4-5 days. Adjust as needed by adding/subtracting ingredients – like grated cucumber or zucchini, chickpeas or chopped boiled potatoes.

RICE

INGREDIENTS: 1 cup of brown rice, 3 cups of water

METHOD: Wash and drain the rice. Pour in 3 cups of water and bring the pot to a boil over medium-high heat. Once it has boiled, cover the pot with the lid and turn down the heat to simmer. When all the water has evaporated, remove the lid, fluff the rice with a fork and serve.



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