

Sundal



Serves 4

Ingredients:

- 1 cup dry Chickpeas/ Garbanzo beans/black chana (desi chana)/kala chana
- 1-2 teaspoon Oil
- 1/4 teaspoon Mustard seeds
- 1 teaspoon chopped Green Chilies
- ½ small red onion chopped
- 1 inch fresh Ginger, grated
- ¼ teaspoon or pinch Asafoetida (hing) - optional
- 2 tablespoons grated coconut (if using frozen, then thaw it)
- Cilantro - small bunch, chopped
- Fresh Curry leaves – say 10 individual leaves – (optional)
- Salt to taste

Procedure:

- Soak the Chickpeas /garbanzo beans/ kala chana overnight and pressure cook or use a slow cooker (Instapot) to cook them until soft and tender. If you start with canned garbanzo beans,
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rinse them well under water before use. Kala chana are slightly higher in fibre than Garbanzo beans, and they contain more iron, folate, and antioxidants.

- Heat the oil in a pan over medium heat and add the mustard seeds, allowing them to crackle.
- When it starts to crackle, add the onion, ginger, green chilies, curry leaves, and saute for a few min. Then add asafoetida, salt, and cooked chickpeas.
- Cook for a few minutes, stirring constantly. Remove from heat and add the coconut (use frozen unsweetened grated coconut readily available in Indian grocery stores) and chopped cilantro.
- Serve the Chickpea Sundal hot or at room temperature as a healthy snack or appetizer.

Spinach Raita



Serves 4

Ingredients

- Plain non-fat Yogurt- 1 cup
- Buttermilk – 1 cup
- Spinach Leaves- 2 cups (finely chopped)
- Red Chilli powder - ¼ teaspoon
- Cumin powder – ½ teaspoon (roasted)
- Cumin seeds ¼ tsp
- Whole Black Peppercorns – ½ teaspoon (coarsely pounded)
- Salt to taste

Procedure:

- In a heavy-bottomed pan, heat the oil and add the cumin seeds, allowing them to crackle.
- Add the chopped fresh spinach and saute on high heat until tender and most of the water is evaporated. You can also use frozen spinach instead of fresh (In this case, first thaw the frozen spinach). Take a couple tablespoons, squeeze out the water and then saute it.
- Allow the sauteed spinach to cool completely.
- Whisk the yogurt, buttermilk cumin powder, red chilli powder, black pepper, and salt in a bowl.
- Add the chilled spinach mixture into the whipped yogurt.

Dessert - Mixed Carrot Beetroot Kheer.

Serves 4-6

Ingredients:

- Carrots - 2
- Beetroot - ½
- Oats - 1 tbsp
- Milk - 1 cup
- Maple Syrup - 1 tbsp (or use jaggery or brown sugar)
- Crushed Cashews & Almonds - 1 tbsp



Procedure:

- First peel the carrots & beetroot.
- Dice the vegetables & boil in water. Use a pressure cooker or slow cooker Instapot if needed.
- Once it is cooled down, blend to a purée.
- Add milk to the puree and mix well. Cook on medium heat for few min.
- Now add oats to it and cook till they are properly cooked. Then add maple syrup or jaggery or brown sugar and mix well. Your kheer is ready!
- Now add dry fruits & serve hot.

Dessert - Avocado Shrikhand:

Serves 8

Ingredients:

- Avocado Pulp - 1 Cup
- Thick Yogurt or Greek Yogurt – 1.5 Cup
- Honey – $\frac{1}{2}$ - $\frac{3}{4}$ Cup
- Dry Fruits - $\frac{1}{2}$ Cup – (optional) chopped dates, cashew nuts, raisins, apricots.
- Finely chopped almonds



Procedure:

- Hang plain nonfat yogurt in a cheese cloth for a few hours.
- Scoop out the pulp from 2-3 avocados and mash it.
- Take the hung yogurt and avocado pulp in a bowl and whisk till creamy.
- Stir in honey and dry fruits
- Without the avocado, make plain shrikhand.

To serve:

- Take a shot glass, dip the edge of the glass in honey, and coat it with finely chopped almonds.
- Now put a layer of avocado shrikhand at the bottom, a layer of plain shrikhand in the middle and lastly, another layer of avocado shrikhand on top.
- Top the shrikhand shots with dry fruits.
- Serve chilled.

Dessert - Flaxseeds Til Dates Laddoo:

Ingredients:

- Grated Dates - 1 Cup
- Flax Seeds - 1/4 Cup
- Sesame Seeds - 3 Tbsp
- Peeled Cardamom - 2 Tbsp
- Ghee - 1 Tbsp
- Chopped Almonds - 2 Tbsp



Procedure:

- Add dates to a blender, make it into a coarse paste without adding any water.
- Pan roast flax seeds for 2-3 minutes at a low flame. Then transfer it to a plate let it cool down.
- Roast sesame seeds in the same pan. When it cools, grind both roasted sesame and flax seeds in the dry grinder along with peeled cardamom to a semi coarse mixture.
- Transfer it to a bowl along with the dates. Now in a large kadai heat 1 tbsp of ghee and add chopped almonds.
- Roast this on low flame for 2 minutes and add all the other ingredients.
- Give it a good mix, turn off the stove, take the required quantity of mixture, and roll it into a round laddoo!