MGM HEALTHCARE

Your Little Cook Book

Healthy Recipes for your Little One

Department of Nutrition and Dietetics
& Food and Beverages

PREFACE

WHO states in the first 2 years of a child's life, optimal nutrition fosters healthy growth and improves cognitive development. It also reduces the risk of becoming overweight or obese and developing Non Communicable Diseases later in life. Starting good nutrition practices early in life can help children develop healthy dietary patterns. Picky eating is common among young children. In fact, up to 50 percent of children are reported as picky eaters by their parents or caregivers. Picky eaters aren't just kids who refuse to eat vegetables, but also kids who only eat a few foods repeatedly and kids who refuse to try new foods (also known as *food neophobia*). It's very important to provide appropriate nutrition to these children. Keeping healthy snacks handy at home – and try to avoid buying unhealthy ones from outside can help to improve the nutrition of the children. Children will take the healthy option if it's the only one they have. Your little cook book is a simple healthy recipe for children, is authored by the department of Nutrition and Dietetics and Food & Beverage. The book will help for the mother to choose nutritious recipes for their little one.

Department of Nutrition and Dietetics
Department of Food and Beverages
MGM Healthcare, Chennai.

Nutrition for Babies 6 months to 2years

“Feed home based semi- liquid and semi -solid foods to the infant after completing six months”

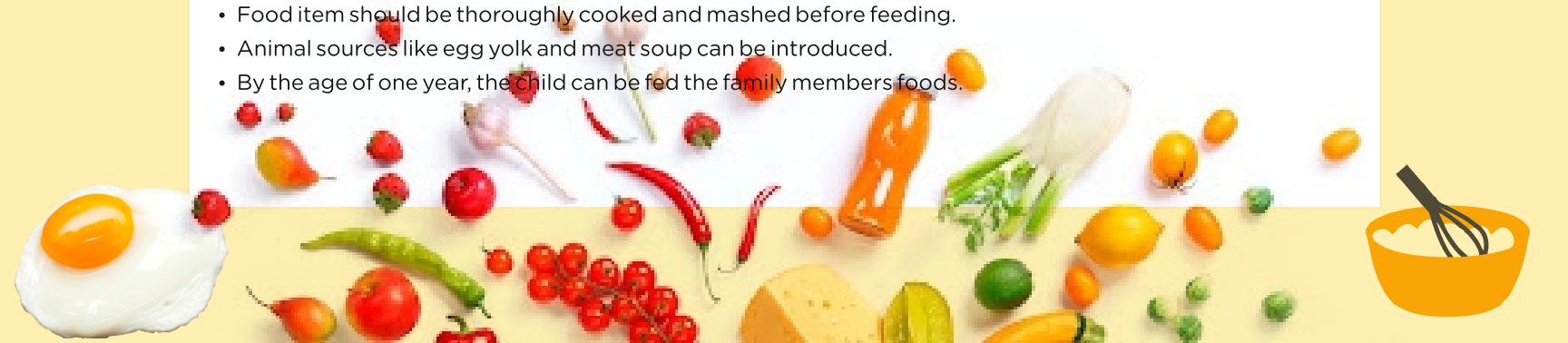
- Breast-milk alone is not adequate for the infant beyond 6 months of age. Nutritional demand increases.
- Introduce complementary foods along with breast-feeding is necessary for infants after 6 months of age.
- Provision of adequate and appropriate supplements to young children prevents malnutrition.
- Hygienic practices should be maintained while preparing and feeding the child; otherwise, it will lead to diarrhoea.

Complementary food should be:

- Right consistency
- Easy to digest
- Inexpensive
- Locally available
- Culturally acceptable
- Easily prepared at home

Weaning / complementary foods

- Weaning foods based on cereal-pulse-nut and jaggery combinations will provide good quality protein, adequate calories and other micronutrients.
- Each feed should be calorie dense with fat- ghee or sugar- jaggery.
- All food groups can be included in proper cooking method.
- Infants can also be fed green leafy vegetables (GLVs), which are rich, sources of vitamins and minerals.
- Food item should be thoroughly cooked and mashed before feeding.
- Animal sources like egg yolk and meat soup can be introduced.
- By the age of one year, the child can be fed the family members foods.



COMPLEMENTRY FEEDING SCHEDULE AGE APPROPRIATE FOODS

MONTHS	CONSISTENCY	TYPE OF FOODS
0-6 MONTHS		Exclusive breast feeding
6th MONTH	SEMI SOLID	Rice or ragi porridge /Rice & moong dhal porridge / unsour curd / multi grain/ millet- cereal mix/ mashed banana/ cereal and pulse mix porridge
7-9 MONTH	SEMI SOLID	In addition to the above mentioned items Boiled and mashed vegetable (carrot, beetroot, tomato, green leafy vegetables, and any other including the slimy part of drum stick). Other foods like Mashed idlies, iddiyappam, pongal, kitchadi, uppuma with bland mashed dhal can be introduced. Cereal pulse mix porridge made using milk with jaggery to taste, mashed rice and dhal + vegetables. Fruit milk shake. Add 1/2 tsp ghee
9- 12 MONTH	SOFT SOLID	Soft cooked idlies, iddiyappam, uppuma, kitchadi, pongal with 1/2 tsp ghee + ghee + dhal or curd. Small pieces of cut fruits with skin peeled off. Rice + dhal / kootu / bland sambar/ plain dhal/ homemade curds. Offer variety in taste and texture. Sprouted and boiled sundal varieties- soft cooked and mashed. By the first birthday, the child should be made familiar with all the foods eaten by the family

INTRODUCING NON-VEGETARIAN FOODS

Non- Veg Foods	Months	Consistency
Egg	8th Month	Boiled and mashed (egg yolk) mixed with any main dish
	9th Month	Boiled / Omelette / Custard
Whole Egg	One Year Onwards	Boiled / Omelette/ Scrambled / Poached / Custard / added to Dosai
Fish	9th Month Onwards	Well boiled with tiny bones removed
Other Sea Foods (Prawn, Crab etc.)	One Year	In any form as eaten by the family
Mutton / Chicken	One Year Onwards	Boiled and cooked As gravy. avoid fried forms.

COMPLEMENTARY FOODS – RECIPES

- All the recipes provides approximately 250 Calories and 5 grams of proteins for two servings.
- Recipe Nos. 8 and 9 can be prepared and stored in airtight containers and can be used whenever required.

Stewed Apple

Ingredients:

Apple (Small) – 1 no.

Milk – 2 1/2 cup

Jaggery (Powdered) – 4 tsp

Preparation: Wash and peel the apples, and then chop them into small pieces. Place them in a bowl. Add milk to the apple bowl and microwave them at full power for around 4 minutes. Take it out and add powdered jaggery into this mix. Then, microwave it again for another minute. Let it cool down a little and then blend it in a mixer. Finally, strain the mixture. Serve this apple stew warm. Try this easy-peasy recipe.

Apple Halwa

Ingredients:

Apple (Small) – 1 no.
Ragi Flour – 3 – 4 tsp
Jaggery (Powdered) – as needed
Ghee – 1/2 tsp
Water – 1 cup

Preparation: Wash and peel the skin of the apple. Chop them to pieces, add them to a blender and puree. (You can blend it coarsely for toddlers). Set this aside. Stir in 1 cup of water with flour in a pan. Cook on a low to medium flame, stirring continuously until the mixture thickens and turns glossy. Cover the pan and cook for 2 minutes. Turn off the stove and rest it for 2 minutes. Add the apple puree, ghee and jaggery. Stir to mix well. Cool down and serve.

Stewed Banana

Ingredients:

Banana (Ripe) – 1 no.
Cinnamon (Optional)

Preparation: slice banana to measure out about 1 cup. Add to a blender. Blend until very smooth, stopping to scrape down the slice as needed. Add a tiny pinch of cinnamon if desired. Serve immediately.

Mashed Potato

Ingredients:

Potato – 1 no.

Butter – 1 tsp

Preparation: Pressure cook the potato (let out 3 whistles), peel the skin and cut it roughly into small pieces. Place a pan on medium heat and add a teaspoon of butter. Once the butter has melted, add the chopped potato and stir well. Using the back of the fork mash the potatoes. Sauté for 2 minutes and turn off the heat

Carrot and Potato rice

Ingredients:

Rice – 2 tsp

Carrot (Peeled and Chopped) – 2 Tbsp

Potato (Peeled and Chopped) – 2 Tbsp

Turmeric – a pinch

Ghee – 1 tsp

Water – 1 cup

Preparation: Wash, peel and chop the carrots and potatoes. Wash rice and soak it in warm water for 20 minutes. Add the soaked rice in a pressure cooker. And add chopped potatoes, carrots, a teaspoon of ghee, turmeric powder and 1 cup of water. Mix well. Close the pressure cooker in a medium flame for 3 to 4 whistles. Open and mash it well until soft. (Can also grind it in a blender)

Kichdi Rice

Ingredients:

Rice - 35 grams

Green gram dhal - 10 grams

Leafy vegetables -2 tsp

Ghee- 2 tsp

Cumin (jeera) – one pinch

Preparation: Clean rice and dhal and cook them in water till the grains are soft add very little to taste. Leafy vegetables can be added when the cereal/pulse is 3/4th done. Cumin seed or powder is fried in ghee and added towards the end

Malted Ragi Porridge

Ingredients:

Malted Ragi - 30 grams
Roasted Groundnut - 15 grams
Jaggery - 20 grams

Preparation: Powder malted ragi, roasted groundnuts and jaggery. Add sufficient water and cook

Wheat Payasam

Ingredients:

Wheat -30 grams

Roasted Bengal Gram Flour -15 grams

Roasted & Crushed Groundnut -5 grams

Jaggery/ Palm Sugar -10 grams

Preparation: Roast whole wheat and powder it. Add roasted bengal gram flour, groundnut and sugar. Cook with sufficient water

Kheer

Ingredients:

Rice -30 grams

Milk -100 ml

Jaggery - 20 grams

Water - As required

Preparation: Boil rice / Vermicelli in water till half done. Add milk and bring to boil. Add jaggery and cook well

RECIPES FOR CHILDREN

“Well-formulated balanced diet for children and adolescents help optimum growth and boosts their immunity"

Young children below the age of 5 years should be given less bulky foods, rich in energy and protein such as legumes, pulses, nuts, edible oil/ghee, sugar, milk and eggs. Vegetables including green leafy vegetables and locally available seasonal fruits should be part of their daily menu. Snacks make a useful contribution to the nutrient requirements, particularly in older children and adolescents. Frequent changes in the menu are often liked by children.

MAIN COURSE

QUINOA PROTEIN PACKED UTTAPAM

Ingredients: (3 Servings)

Channa Dal
(Bengal Gram Dal) -½cup

Yellow Moong Dal
(Split) - ½cup

White Urad Dal
(Split) - ½cup

Uncooked Quinoa- ½ cup

Green Chilles -1-2 nos.

Coriander powder- 1 tsp

Water- as required

Salt - to taste

Cooking oil / Ghee -
2 – 4 Tbsp

Preparation:

Soak all Dals for 2- 4 hours. Cook and grind quinoa & dals together. Add ginger, green chillies and salt to taste. Adjust water (only if required) and make it to a cake batter consistency. Heat a non-stick pan, keep low to medium flame. Pour a ladle of batter and spread it to a circle. Add your favourite topping and few teaspoons of ghee or oil. Flip them after few minutes and cook till done. Serve it with chutney and sambar

Nutritional Information

Nutrients	Values /serving
Energy	120 kcals
Protein	15 grams
1 serving	2 nos

SOYA POHA

Ingredients: (2 Servings)

Soya Granules-30 grams
Rice Flakes-30 grams
Onion-50 grams
Lotus Stem-10 grams
Oil -10 ml

Spices and condiments:

Green Chilli-1 (Optional)
Mustard Seeds- 1 tsp
Curry Leaves- 5-6
Turmeric Powder- 1/4 tsp
Red Chilli Powder- 1/4 tsp
Salt as required
Lemon Juice-1 tsp

Preparation:

Wash and chop the vegetables and keep it aside. Meanwhile soak rice flakes in water for 2-3 minutes and keep it aside. Soak soya granules in hot water for 5-10 minutes and drain the water. Heat oil in pan and splutter mustard seeds, curry leaves, chopped green chilli. Add chopped vegetables to the pan and sauté'. Add soaked soya granules, rice flakes, turmeric powder, red chilli powder and salt. Stir the ingredients well for 2-3 minutes, squeeze lemon over it and serve.

Nutritional Information

Nutrients	Values /serving
Energy	295 kcals
Protein	9 grams
Iron	6 mg
1 serving	1 cup

PANEER PARATHA

Ingredients: (4 Servings)

For Stuffing and Roasting

Paneer (Grated) – 1 cup
Onion (Finely Chopped) – ½ cup
Green Chillies -
(Finely Chopped) – 2 nos
Coriander Leaves (Finely
Chopped) – Few
Coriander Power – ½ Tbsp
Red Chili Powder – ½ Tbsp
Garam Masala – ¼ Tbsp
Chat Masala – ½ Tbsp
Salt to taste
Ghee for roasting

For Dough

Whole Wheat Flour – 3 cup
Water – 2 Cups
Oil – 1 Tbsp
Whole Wheat flour (for dusting)
Salt to taste

Preparation:

In a bowl, mix together wheat flour, salt and oil. Add little water at a time and prepare a soft dough similar to chappathi. Grease your hands with oil and knead it well. Cover it and let it rest for some time. To make the stuffing; In a mixing bowl combine the grated paneer, chopped onions, green chillies and fresh coriander. Now add all the dry spices, salt and mix well. Now make even size ball out of the paratha dough and roll out the ball into small circle dusting wheat flour. Add some stuffing in the centre and gather all the corners. Seal it well and press it lightly. Dust some wheat flour and roll out the sealed dough in to a circle. Heat a tawa, in a medium – high flame and cook the stuffed paratha. Flip it over the other side, spread some ghee and cook till it's done

Nutritional Information

Nutrients	Values /serving
Energy	142 kcals
Protein	5 grams
1 serving	1 nos

BREAD UTTAPAM

Ingredients: (4 Servings)

Bread Slices – 4 nos
Rava – ½ cup
Curd – ½ cup
Wheat – 1 Tbsp
Rice Flour – 1 Tbsp
Ginger (Grated) – 3/4th Tbsp
Onion Chopped – 3 Tbsp
Carrot (Grated) – 2 Tbsp
Green Chillies (Finely Chopped) – 1 no
Tomato (Finely Chopped) – 1 Tbsp
Coriander Leaves (Finely Chopped) – 1 Tbsp
Oil as required
Water – ½ cup
Salt as needed

Preparation:

Cut the bread into small or medium pieces. In a blender, add the bread pieces, curd, rava, ginger paste, rice flour, wheat flour, water and salt as needed. Blend to a fine paste. Pour the batter in a shallow bowl, the consistency of the batter should neither be too thick nor too thin. Add onions, green chillies, carrots, coriander leaves, tomatoes and mix well. Heat a tawa and pour a laddle of batter. Drizzle ½ teaspoon of oil around the dosas and flip it over. Serve hot

Nutritional Information

Nutrients	Values /serving
Energy	400 kcals
Protein	13 grams
1 serving	2 nos

RAGI PANCAKES (MGM special)

Ingredients: (4 Servings)

Ragi Flour – 1 cup

Milk – 150ml

Egg – 4 nos

Butter – 3 Tbsp

Sugar – 3 Tbsp

Baking Powder– ½ tsp

Preparation:

In a bowl, mix the ragi flour, sugar and baking powder. Pour in the eggs and add butter and milk. Mix thoroughly. In a pan, put little butter and let it melt on slow flame. Pour the pan cake batter to form small pan cakes and cook on each sides till it turns golden brown. Serve it with dip of your choice

Nutritional Information

Nutrients	Values /serving
Energy	400 kcals
Protein	12 grams
1 serving	2 nos

BEVERAGES

NUTTY PROTEIN SHAKE

Ingredients:
Ragi - 50 grams
Corn - 50 grams
Green gram dal - 25 grams
Badam – 25 grams
Walnut – 25 grams
Peanut – 25 grams
Cardamom - 5 nos.
Roast all ingredients and grind it in mixie to powder

Preparation:

Boil 150 ml of milk. Add 4 teaspoons of nutty protein powder boil it in low flame for five minutes. Add 2 teaspoons of jaggery or palm sugar. Serve hot or cold

Nutritional Information

Nutrients	Values /serving
Energy	225 kcals
Protein	10 grams
1 serving	150 ml

BLUEBERRY SMOOTHIE

Ingredients:

Blueberries - 1 cup

Yoghurt - 1/2 cup

Milk – 50 ml

Honey - 2 tsp

Vanilla extract - 1/2 tsp

Preparation:

Blend the blueberries, yogurt, milk, sugar, and vanilla extract in a blender until frothy, scraping down the sides of the blender with a spatula occasionally. Serve immediately.

Nutritional Information

Nutrients	Values /serving
Energy	150 kcals
Protein	6 grams
1 serving	150 ml

FRUIT AND NUT MILKSHAKE

Ingredients:

Almonds -10 nos

Cashews – 10 nos

Pistas – 10 nos

Dates – 5 nos

Cardamom Powder as required

Milk – 3/4th cup

Preparation:

Soak cashews, almonds and Pistas in enough water for at least 45 minutes to 1 hour. Peel of the almonds skin, drain the water and add all of these to a blender jar. Add cardamom powder and chopped dates. Pour milk and blend them to a smooth mixture. Add more milk and blend again. Garnish fruit and nut milkshake with a sliced nut

Nutritional Information

Nutrients	Values /serving
Energy	335 kcals
Protein	12 grams
1 serving	100 ml

SWEETS

DATES PANCAKE

Ingredients:

Nutty protein powder - 50grams
Dates – 100 grams
Sesame seeds - 1 tsp
Oil for frying

Preparation:

Make a thin dough using nutty protein powder. Make thin sheet using a appa kadai. Remove seeds from dates and crush it in a bowl. Add white sesame seeds to the dates. Spread the date mix on the sheet. Roll it in triangle shape and deep fry in oil.

Nutritional Information

Nutrients	Values /serving
Energy	75 kcals
Protein	2 grams
1 serving	2 nos

BANANA POP SICLES

Ingredients: (3 Servings)

Bananas – 3 nos
Yogurt – ¼ cup
Popsicle Sticks
Coloured Sprinkles/ other toppings (Optional)

Preparation:

Cut the bananas in half and then peel. Insert a popsicle stick into the cut side of the banana. Dip the whole banana into the yogurt (use a fork to help get it out). Dip the banana in the toppings of your choice. Place into the freezer for two hours to freeze. Enjoy frozen.

Nutritional Information

Nutrients	Values /serving
Energy	52 kcals
Protein	2 grams
1 serving	2 nos

PEANUT BUTTER PROTEIN BALLS

Preparation:

Combine all the four ingredients in a medium bowl. Stir to combine. Keep it in the refrigerator for 15-30 minutes. Roll into bites and serve

Ingredients: (3 Servings)

Creamy Peanut Butter- 2/3 cup
Oats- 1 cup
Ground Flax Seeds- 1/2 cup
Honey- 2 Tbsp

Nutritional Information

Nutrients	Values /serving
Energy	150 kcals
Protein	5 grams
1 serving	2 nos

AVAL LADDU

Preparation:

Dry roast aval/poha till crunchy. Set it aside. Add coconut and fry till good aroma. Cool it completely. Blend it with jaggery and cardamoms (Optional). Transfer it to a plate. Heat ghee in a pan, add cashews, fry till it turns golden and add raisins. Add it to the aval mixture. Knead everything well and make balls. Store aval laddu in air tight jar

Ingredients: (3 Servings)

Poha (White / Brown) – 1 cup
Jaggery – 3/4th cup
Ghee / Milk – ½ cup
Cashew Chopped – 8 to 10 nos
Raisins Chopped – 8 to 10 nos
Cardamoms – (Optional)

Nutritional Information

Nutrients	Values /serving
Energy	160 kcals
Protein	6 grams
1 serving	1 nos

RAGI BANANA CAKE

Ingredients:

Ragi Flour – 1 ½ cup
Oats – 1 cup
Baking Soda – 1 tsp
Baking power - 1 tsp
Salt – ½ tsp
Ripe Bananas – 3 nos.
Jaggery/ Palm Sugar- 1 ½ cup
Oil – ½ cup
Yogurt – ½ cup
Vanilla Extract – 1 tsp
Walnuts (Optional) – ¼ cup
Chocolate Chips
(Optional) – ¼ cup

Additional: Butter Paper

Preparation:

Preheat the oven to 180 ˚C or 360 ˚F. Prepare the loaf pan by lining it with butter paper and oiling it on all sides. In a large bowl, mix ragi, oats, baking powder, baking soda and salt together. Take another bowl and mash the bananas. Add the powdered jaggery / sugar, oil, yogurt and whisk. Combine banana and flour mixture. Mix the chocolate chip and walnuts. Pour into a loaf pan and bake for 30-40 minutes till the toothpick inserted comes out clean.

Nutritional Information

Nutrients	Values /serving
Energy	250 kcals
Protein	6 grams
1 serving	2 nos (small)

SAVOURIES

GREEN PEAS PANEER TIKKI (MGM special)

Ingredients: (4 servings)

Fresh Green Peas -100 grams
Paneer – 80 grams
Coriander Powder – ½ tsp
Jeera Powder – ½ tsp
Kasturi Methi – as required
Bengal Gram Dhal Powder - 15grams
Garam Masala - a pinch
Jeera Seeds – ½ tsp
Salt - as required

Preparation:

Boil the green peas and grind coarsely, crumbled or grate the paneer well. Take grated paneer and grinded peas in a mixing bowl and add bengal gram dhal powder. Add coriander powder, jeera powder, garam masala, jeera seeds, and chat masala. Mix well and season it with salt and kasturi methi. Divide the mixture into equal balls. Heat a pan and place the cutlets till it turns brown

Nutritional Information

Nutrients	Values /serving
Energy	90 kcals
Protein	6 grams
1 serving	1 no

POHA CROQUETTES (MGM Special)

Ingredients:

Poha - 100 grams
Paneer – 50 grams
Wheat – 1 Tbsp
Turmeric Powder – 1 tsp
Bread Crumbs – as required
Garam Masala Powder -1 tsp
Chilli Powder -1 tsp
Coriander Powder -1 tsp

Preparation:

Soak the poha for 10 minutes. Grate the paneer. In a bowl, mix the soaked poha, grated paneer and add a pinch of salt. Heat the oil and toss it with chilli powder, turmeric powder, garam masala powder and coriander powder. Combine with grated paneer and poha. Mix well. Prepare the wheat batter, roll the mixtures and dip it in wheat batter. Coat it with bread crumbs. Heat oil in a small pan. Shallow fry until crisp on a low to medium flame

Nutritional Information

Nutrients	Values /serving
Energy	100 kcals
Protein	5 grams
1 serving	1 no

RAJMA VADAI

Ingredients: (5 serving)

Rajma (Red Kidney Beans) / Sprouts – 1 cup
Chopped Onions –¼ cup
Whole Black Pepper – ¼ tsp
Green Chillies – 2
Ginger Pieces – 1 Tbsp
Garlic Pieces – 1 Tbsp
Mint Leaves – ¼ cup
Jeera / Cumin Seeds – 1 tsp
Turmeric Powder–¼ tsp
Salt – 1 teaspoon
Rice Flour / Besan – 1 tsp
Garam Masala – ½ tsp
Cooking Oil– as required

Preparation:

Take the rajma / red kidney beans wash them thrice with cold water. Add 3 cups of water and soak at room temperature for 7-8 hours. Drain the water. Blend soaked rajma in a mixie. Add salt, turmeric powder, onion, green chillies, ginger, garlic, mint leaves, jeera/cumin, whole black pepper to the mixture. Grind them to a coarse mixture. Add the besan / rice flour and garam masala to the batter. Mix everything gently. Keep aside. Put a frying pan with enough of cooking oil (for deep frying) under high flame. Meanwhile, make small balls with the coarse mixture. Press balls into flat patties with your fingers. When the oil is perfectly hot, gently drop the patties. Fry them on one side for 2-3 minutes and then flip them back to the other side for 1-2 minutes / until they turn golden brown

Nutritional Information

Nutrients	Values /serving
Energy	120 kcals
Protein	8 grams
1 serving	1 no

EGG SALAD BLINI BITES

Ingredients:

Eggs – 6 nos
Mayonnaise – 1/4th cup
Lemon Juice – ½ tsp
Onion – ½ nos finely chopped
Salt to taste
Pepper as required

Blini
Wheat Flour – ½ cup
Milk – ½ Cup
Unsalted Butter – 4 Tbsp
Salt as required
Coriander leaves to sprinkle

Preparation:

Make blini:

Whisk wheat flour, milk, unsalted butter, and salt together. Heat large non-stick skillet on medium-high flame. Add butter to pan and cook the mixture until brown. Flip and cook (30 seconds more)

Make egg salad:

Boil eggs for 10 minutes. Cool the eggs, peel and chop. Meanwhile, whisk mayonnaise, lemon juice, salt, pepper and add eggs. Fold in onion, Coriander leaves. Spoon on top of blini and sprinkle with additional coriander leave

Nutritional Information

Nutrients	Values /serving
Energy	302 kcals
Protein	12 grams
1 serving	1 no

CHICKEN PATTIES

Ingredients:

Minced Chicken – ¼ kilograms
Onion (Finely Chopped) – 1 no
Fresh parsley
(finely chopped) – 1 bunch
Egg – 1 no.
Garlic Cloves – 2 nos.
Salt and Crushed
Black pepper to taste
Mayonnaise – 2 Tbsp
Wheat Flour as needed
Vegetable oil – 3 Tbsp

Preparation:

Combine chicken, onion, parsley, egg, garlic, salt, pepper in a bowl and mix well. Add mayonnaise and stir to combine (the mixture will be quite soft). Place flour in a shallow bowl. Drop large spoon full of the chicken mixture into the flour. Roll to coat and press gently into patties. Heat oil in a skillet over medium-high heat. Cook chicken patties in the hot oil until golden. Serve hot.

Nutritional Information

Nutrients	Values /serving
Energy	215 kcals
Protein	9 grams
1 serving	2 nos (small)

HARA BHARA KEBAB

Ingredients:

Refined Oil - 3 tsp
Garam Masala – 1 tsp
Turmeric Powder- ½ tsp
Coriander Powder - 1 tsp
Gram Flour- 2 Tbsp
Chat Masala- 1 tsp
Jeera Powder- 1 tsp
Cashewnut- 12 nos.
Cardamom Powder- ½ tsp
Peeled Green Peas- 1 ½ cup
Potato- 3 nos.
Spinach- 200 grams
Green Chillies- 4 pieces

Preparation:

Heat oil in a pan, add green peas, green chillies and all masala powders (except chat masala). Take a mixer jar and add cooked green peas with raw spinach leaves. Make a fine paste without adding water. Heat oil again. Add paste of green peas and spinach. Cook till it gets thick (till raw flavour of the spinach disappears). Add gram flour to the paste and cook again for 4-5min. Add Cardamom powder and mix well. Then add grated potato and cool down the mixture. Divide into equal parts and make round patty shapes. Add cashew nut pieces on top of the kebab. Press it lightly. Repeat this with the entire mixture. On another side, grease a pan with a little oil. Sear the patty from both sides till it turns a golden brown. Sprinkle chat masala on top of the kebab and serve hot with green chutney.

Nutritional Information

Nutrients	Values /serving
Energy	225 kcals
Protein	9 grams
1 serving	1 no

PANEER POPCORN

Ingredients:

Paneer Marination

Paneer Cubes - 200 grams
Kashmiri Red Chili Powder - ¼ tsp
Dry Parsley - ¼ tsp
Oregano - ¼ tsp
Black Pepper Powder - 2 to 3 pinches
Salt - 2 to 3 pinch

For Crumb Coating

Oats - ½ cup
Gram Flour - ½ cup
Ginger-Garlic Paste - 1 tsp
Turmeric Powder - 2 to 3 pinches
Kashmiri Red Chilli Powder - ¼ tsp
Water as required
Salt
Oil for deep frying

Preparation:

In a mixie jar, take ½ cup oats (or breadcrumbs instead of oats). Using the pulse option grind at intervals for a few seconds till the oats are coarsely crushed. Do not grind to a fine powder. In a mixing bowl take paneer, add kashmiri red chilli powder, dry parsley, oregano, pepper powder and salt. You can use mixed herbs or any herb of your choice. Mix gently taking care the paneer cubes do not break. In another bowl, take gram flour, ginger-garlic paste, turmeric powder, kashmiri red chilli powder and a pinch of baking soda. Also add salt as required. Add 5 to 6 tablespoons of water in parts and mix to a thick batter without any lumps. Now dip each paneer cube in the batter and coat it well. Slid off the excess batter from the paneer cube. Roll and coat the paneer cubes with oats. Do crumb coating with all the paneer cubes and keep them aside. In a pan heat oil as required for deep frying. Add the crumb coated paneer cubes in the hot oil. Fry on medium flame. When one side is light golden, turn over and fry the second side till light golden. Serve hot

Nutritional Information

Nutrients	Values /serving
Energy	345 kcals
Protein	10 grams
1 serving	1 no

EGG FINGERS

Preparation:

In a large microwave-safe bowl, add eggs, salt, red chilli powder, ground black pepper and whisk it well. Cook in the microwave for 2-3 minutes. Remove it and let it cool. Now cut the eggs into bite-sized fingers. Coat each piece first with cornflour, then dip it in milk and then coat with bread crumbs. Repeat it with all the pieces. In a frying pan, heat oil and fry the egg fingers till they turn golden brown in colour.

Ingredients:

Eggs – 3 nos.
Red Chilli Powder – ½ tsp
Ground Black Pepper – ½ tsp
Cornflour – ½ cup
Bread Crumbs – 1 cup
Milk – ¼ cup
Oil for deep frying
Salt to taste

Nutritional Information

Nutrients	Values /serving
Energy	160 kcals
Protein	10 grams
1 serving	1 no

TOMATO AND BASIL LENTIL CHIP

Ingredients:

Red Split Lentils – 1 cup
Tomato Puree – 4 Tbsp
Onion – 1 no. (sliced)
Garlic Cloves – 2 nos
Smoked Paprika – 1 tsp
Turmeric – ½ tsp

Cayenne Pepper – ½ tsp
Apple Cider Vinegar – 2 tablespoon
Maple Syrup – 1 Tbsp
Salt and Pepper as required
Water – ¾ cup
Dried Basil – 1 Tbsp

Preparation:

Soak the lentils in salted water for at least an hour (or overnight is best). Drain and rinse the lentils then add to a blender with everything else apart from the basil. Blend until smooth then stir in the basil. Pour onto a grease-proof paper lined baking dish and spread to the sides. Bake at 190°C / 375°F for 30 minutes. Remove the lentil chips from the oven and let stand for 10 minutes. Peel off the greaseproof paper and cut chips into long strips, then into triangles. One batch makes about 50 protein chips. Place lentil chips directly on an oven wire rack then bake for another 5-15 minutes at 170°C / 340°F until dry and remove from oven before the sides catch.

Nutritional Information

Nutrients	Values /serving
Energy	154 kcals
Protein	9 grams
1 serving	½ cup

MGM Healthcare

72, Nelson Manickam Road,
Aminjikarai, Chennai - 600 029

Appointments: +91 44 4524 2424
Emergency : +91 44 4200 4200

: mgmhealthcare.in

: info@mgmhealthcare.in