

## Indian Recipes

### Dal Curry

1 cup dry lentils	1 teaspoon vegetable oil
1 small onion, chopped	¼ teaspoon garlic powder
¼ teaspoon curry powder	2 cups water
3 hard-boiled eggs	½ teaspoon salt

Rinse lentils in clear water. Drain well. Saute onions and spices in oil. Add water and lentils. Cover and cook over low heat for 45-60 minutes or until lentils are tender. Add sliced eggs and salt, stirring gently. Serve hot with pita bread. Makes 6 servings.

*Each serving provides 240 calories, 13 grams protein, 30 grams carbohydrate, 7 grams fat, 400 milligrams sodium, 13 grams fiber.*

### Mulligatawny Soup

1 cup dry lentils	1 teaspoon vegetable oil
1 small onion, chopped	1 clove garlic, minced
½ teaspoon gingerroot, minced	¼ teaspoon red pepper flakes
½ teaspoon curry powder	¼ teaspoon cumin
6 cups water or broth	1 potato, cubed
1 carrot, sliced	

Rinse lentils in clear water. Drain well. Saute onion, garlic and all spices in oil. Add drained lentils, broth and vegetables. Cook 45-60 minutes until lentils are soft. Cool slightly. Puree in blender or mash with potato masher to smooth consistency. Add salt to taste. Coconut milk may be added before serving. Serve hot with rice. Makes 6 servings.

*Each serving provides 234 calories, 8 grams protein, 21 grams carbohydrate, 13 grams fat, 180 milligrams sodium, 7 grams fiber.*

### **Easy Mango Lassi**

2 cups plain yogurt  
3 mangoes, peeled, seeded and chopped  
1/8 teaspoon ground cardamom

1 cup milk  
4 teaspoons sugar or to taste

Place the yogurt, milk, mangoes, sugar and cardamom into a blender and blend until smooth, about 2 minutes. Chill in the refrigerator for 1 hour or until cold. Makes 4 servings.

*Each serving provides 195 calories, 7 grams protein, 32 grams carbohydrate, 6 grams fat, 84 milligrams sodium, 2 grams fiber.*

### **Tandoori Fish**

1/3 cup vinegar  
1 tablespoon chopped fresh ginger  
1 tablespoon cayenne pepper  
1 tablespoon ground cumin

4 cloves garlic  
1/2 teaspoon salt  
1 tablespoon ground coriander  
1/2 cup vegetable oil

2 pounds thick catfish fillets, cut into large chunks

Blend the vinegar, garlic, ginger, salt, cayenne, coriander, cumin and oil until you have a thick paste. Brush the fish chunks with the mixture to coat evenly and place in a shallow dish; pour the remaining marinade over the fish. Allow to marinate in refrigerator at least 4 hours. Preheat the oven's broiler. Arrange the marinated fish in a broiler-safe dish, reserving the marinade. Broil the fish under the preheated broiler on the oven's center rack for 10 minutes; turn the fish and brush with the reserved marinade. Continue cooking until the fish flakes easily with a fork, about 7 minutes more. Serve hot. Makes 6 servings.

*Each serving provides 380 calories, 24 grams protein, 2 grams carbohydrate, 30 grams fat, 277 milligrams sodium, 1 gram fiber.*

### **Vegetable Pancake**

1 cup uncooked rice	1 ¼ cup dry yellow lentils
3 cups water	2 green chile peppers, chopped
1 (1 inch) piece fresh gingerroot, sliced	1 tablespoon sugar
Salt to taste	1 carrot, shredded
1 bunch fresh spinach, finely chopped	1 tablespoon vegetable oil

In a bowl, soak the rice and lentils in the water for 4 to 5 hours. Drain any remaining water. Place the rice and lentils in a food processor with the chili peppers, ginger, sugar and salt. Process until smooth, and mix in the carrot and spinach. Continue to process until smooth and well mixed. Heat the oil in a large skillet over medium low heat. Thinly and evenly spread the batter in the skillet. Cover and cook 15 minutes or until browned and set enough to turn. Turn with a spatula and continue cooking until browned and cooked through. Cut into 4 wedges. Serve hot. Makes 4 servings.

*Each serving provides 440 calories, 20 grams protein, 81 grams carbohydrate, 5 grams fat, 182 milligrams sodium, 15 grams fiber.*

### **Tangy Chicken with Pistachios and Fruit**

¾ pound skinless chicken thighs	1 (15 ounce) can sliced peaches, drained, juice reserved
1 (8.75 ounce) can apricot halves, drained, juice reserved	
1 tablespoon vinegar	½ cup shelled pistachio nuts
1 teaspoon curry powder	1 teaspoon garam masala (optional)

Preheat oven to 375 degrees. Place the chicken thighs in a shallow baking dish. Drain the peaches and apricots, reserving the juice in a small bowl. Stir the vinegar into the juice. Season with curry powder and garam masala and stir to blend. Arrange the peaches and apricots around the chicken thighs, and pour the flavored juice over all. Sprinkle the pistachios on top. Baked uncovered for 1 hour in the preheated oven, until the sauce has thickened and the chicken juices run clear. Makes 2 servings.

*Each serving provides 571 calories, 38 grams protein, 49 grams carbohydrate, 27 grams fat, 248 milligrams sodium, 9 grams fiber.*

### **Kheer (Rice Pudding)**

2 cups coconut milk	2 cups milk
3 tablespoons sugar	½ cup Basmati rice
¼ cup raisins	½ teaspoon ground cardamom
¼ cup sliced almonds, toasted	¼ cup chopped pistachio nuts

Bring the coconut milk, milk, and sugar to a boil in a large saucepan. Add the rice and simmer over low heat until the mixture thickens and the rice is tender, about 20 minutes. Stir in the raisins and cardamom and cook for a few more minutes. Ladle into serving bowls and garnish with almonds and pistachio nuts. Makes 4 servings.

*Each serving provides 513 calories, 11 grams protein, 48 grams carbohydrate, 33 grams fat, 99 milligrams sodium, 3 grams fiber.*

### **Roomali Roti**

2 cups flour	1 teaspoon salt
2 tablespoons vegetable oil	2/3 cup water

In a large bowl, stir together the flour and salt. Add oil and mix with a fork until flour is crumbly. Mix in water until the dough pulls together. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Cover and set aside for 45 minutes. Knead dough again until smooth; divide into 6 equal parts. Form each part into a round. Roll out each round as thinly as possible; dust with flour to keep from sticking. Place the roti in a large heavy skillet. Roti will cook in 40 to 50 seconds. Flip the roti when it begins to puff. Tiny black spots will appear when it is finished. Fold roti in half and serve hot. Makes 6 servings.

*Each serving provides 205 calories, 6 grams protein, 33 grams carbohydrate, 5 grams fat, 388 milligrams sodium, 1 gram fiber.*

### **Easy Garam Masala**

1 tablespoon ground cumin	1 ½ teaspoons ground coriander
1 ½ teaspoons ground cardamom	1 ½ teaspoons ground pepper
1 teaspoon ground cinnamon	½ teaspoon cloves
½ teaspoon ground nutmeg	

Mix all ingredients in a bowl. Place mix in an airtight container and store in a cool dry place.

### **Vegetable Masala**

2 potatoes, peeled and cubed	1 carrot chopped
10 green beans, chopped	1 quart cold water
½ cup frozen green peas, thawed	1 teaspoon salt
½ teaspoon ground turmeric	1 tablespoon vegetable oil
1 teaspoon ground cumin	1 onion, finely chopped
2 tomatoes, blanched, peeled and chopped	1 teaspoon garam masala
½ teaspoon garlic powder	½ teaspoon chili powder

Place potatoes, carrots and green beans in cold water. Allow to soak while you prepare the rest of the vegetables; drain. In a microwave safe dish, place the potatoes, carrots, green beans, peas, salt and turmeric. Cook for 8 minutes. Heat oil in large skillet over medium heat. Add cumin and onion and cook until onion is transparent. Stir in tomatoes, garam masala, garlic and chili powder; cook 3 minutes more. Add the cooked vegetables to the tomato mixture and cook 1 minute. Serve hot. Makes 4 servings.

*Each serving provides 167 calories, 4 grams protein, 30 grams carbohydrate, 4 grams fat, 641 milligrams sodium, 5 grams fiber.*

## **Summer Salad**

1 cantaloupe, peeled and seeded                      3 large cucumbers

1 honeydew melon, peeled and seeded              1 pinch salt

Cut the cantaloupe, cucumbers and honeydew into small bite-size pieces. Mix together in a large bowl and sprinkle with salt. Mix again. Makes 8 servings.

*Each serving provides 94 calories, 2 grams protein, 23 grams carbohydrate, .5 grams fat, 90 milligrams sodium, 3 grams fiber.*