

The winners of 2014- 2015

Magical Healthy Recipes

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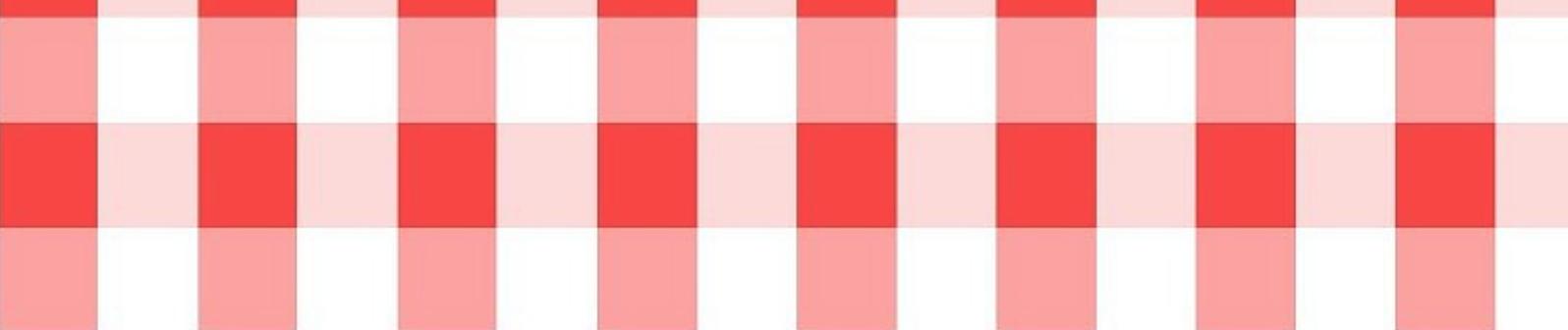
PAHADI TIKKA ROLL

By Mittal Dedhia

Ingredients:

Potato- 1 boiled
Palak- 1/2 cup
Ginger- 1 tsp
Chilli- garlic paste- 1tsp
Paneer cubes- 1/4 cup
Pepper powder- 1/2 tsp
Boiled sweet corn- 3tbsp
Cheese 1/4 tsp (just for spreading)
Ghee- 1tbsp
Onion + onion leaves- 1/2 cup
Salt to taste
Whole wheat or multigrain bun- 1/2 cup
Yellow, red and green capsicum- 1/4 cup
Tomato sauce as a dip (optional)





Method:

1. Heat the pan and add ghee to it.
2. When the gee is hot enough add ginger, chilli garlic paste and onions and sauté for 1 minute.
3. Add coloured capsicum and sauté for another 1 minute. Once done add palak puree (boiled) and cheese and sauté till its consistency becomes thick.
4. Then add paneer cubes, potato cubes, bolied corn, pepper powder, salt. Mix well.
5. If required, add lemon juice 1tsp to it.
6. Take a whole wheat bun spread ghee on one side of the bun, fill the stuffing inside, grate little cheese and grill it.
7. Serve hot with mint chutney.

Health benefits:

A recipe which is a perfect blend of complex carbohydrate, protein and antioxidant. A good snack option for weight loss.

DRY FRUIT SANDESH

By Mittal Dedhia



Ingredients:

Black dates- 50gms

Anjeer- 50gms

Water- ¼ cup

Paneer (crumbled or grated)- 150gms

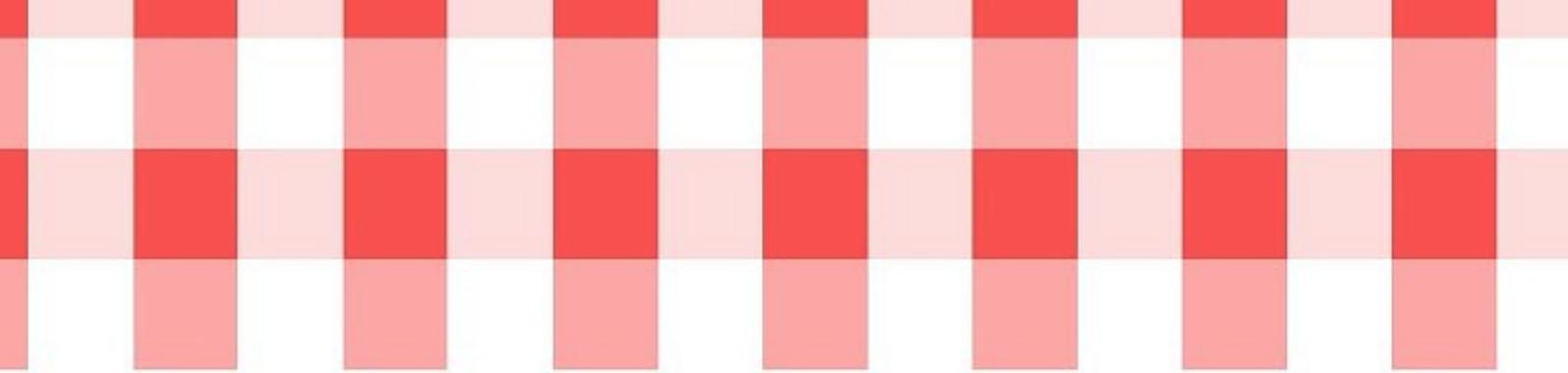
Roasted mix nuts (kaju, badam, pista)- ¼ cup

Cardamom- ½ tsp

Rose essence- ½ tsp

Ghee- 1tsp

Sugar free- 4 sachets (optional)



Method:

1. Soak dates and anjeer for 3-4 hours and make pulp after removing the excess water.
2. Heat the pan and put ghee to it,
3. Add dates, anjeer pulp and paneer. Cook it till soft ball stage.
4. At this stage add all the ingredients- mixed nuts, cardamom powder, cinnamon powder, rose essence and sugar free.
5. Mix well and set it in a greased tray for 2-3hrs.
6. Cool properly and garnish it with silver foil, desiccated coconut, dry fruits and serve (chilled) or cold in paper cups.

Health benefits:

High iron, calcium, protein, omega 3, zinc, magnesium and phosphorous recipe. Best option for anemic patients, boosts energy, pregnant ladies, lactating ladies and children.

South indian style chicken with instant oats & aata dosa

By Jasmeen Kaur

Ingredients:

For the Chicken-

Chicken (on the bone) - 1no

Onions puree- 2 medium sized

Tomatoes chopped- 3 medium sized

Dried red chillies- 3no

Mustard seeds- 1 & 1/2 tsp

Cumin- 1 & 1/2 tsp

Oil- 1 & 1/2 tsp

Ginger garlic paste- 1 tbsp

Sambhar masala- 1 tsp

Chana dal- 1 tsp

Split urad dal- 1 tsp

Turmeric powder- 1tsp

Hing- 1tsp

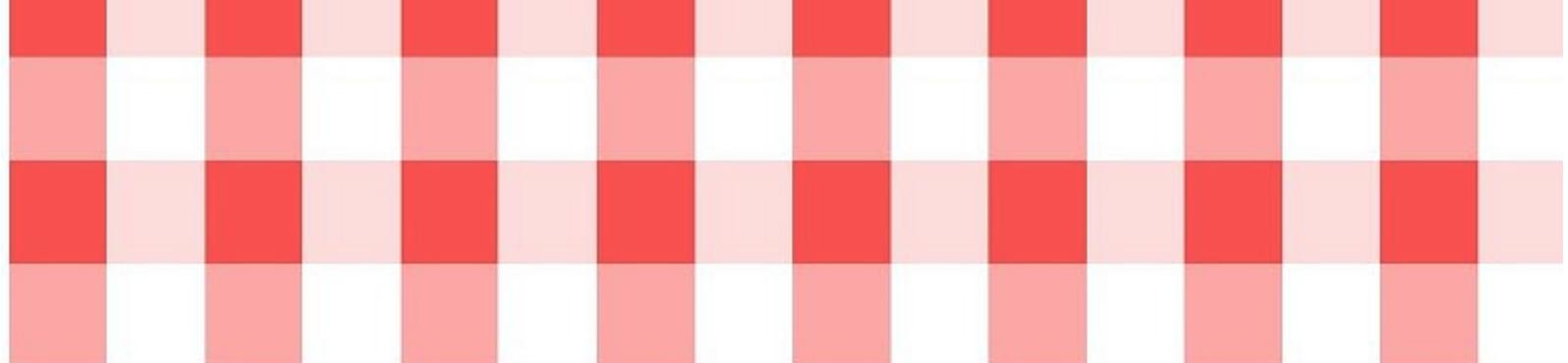
Curry leaves- 7-8 no

Coriander leaves + for garnish- 2 tbsp

Salt as per taste

Red chilli powder as per taste





For the oats & aata dosa-

Powdered oats- 2 tbsp

Aata (wheat flour)- 2 tbsp

Besan- 1 tsp

Coriander leaves- 1 tbsp

Baking soda- 1 small pinch

Salt as per taste

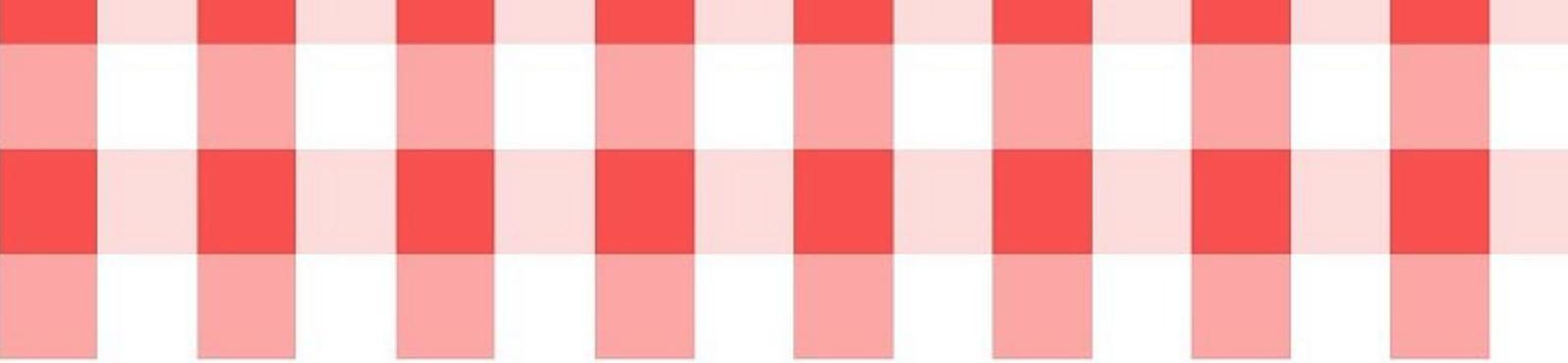
Red chilli powder as per taste

About 1/2 glass of water

Method:

For chicken

1. Clean the chicken well & set aside.
2. In a kadhai add oil. Once it's warm add the hing, mustard seeds, cumin, urad dal, chana dal, curry leaves & the red chillies broken into half.
3. Cook till the mustard seeds begin to crackle and the red chilli changes color. Now add the ginger garlic paste & mix well.
4. Add in the pureed onions and fry it till it gets a nice light brown colour.
5. Add chopped tomatoes, coriander leaves, salt, red chilli powder, sambhar masala & turmeric powder & mix well.



6. Put the chicken pieces & mix well so that each piece gets covered in the masala.

7. Cover it and cook on low heat for 20-25 mins. Stir occasionally.

8. Once done place in the serving dish and garnish with some more coriander leaves.

For Dosa

1. In a bowl mix the powdered oats, aata & beasan.

2. Add coriander leaves, salt & chilli powder.

3. Put the water gradually while whisking the batter so that no lumps are formed.

4. Add the baking soda and whisk well.

5. Keep it aside for 30-35 minutes.

6. Use it like a normal dosa batter on your non stick dosa tawa with 1/2 tsp olive oil.

7. Serve piping hot with the chicken.

Health Benefits:

A fantastic recipe which is rich in first class protein, fibre and complex carbohydrate. Highly beneficial for fat loss and muscle building.

Healthlets

By Mansi Shah



Ingredients:

Potato- 1 medium

Vegetables (carrot, green capsicum, sprouted green gram and spinach)- ½ cup

Coarsed flaxseed(Alsi)- 1 tsp

Shredded paneer – ¼ cup

Shredded cheese- 2-3 cubes

Green chilli paste- 1tsp

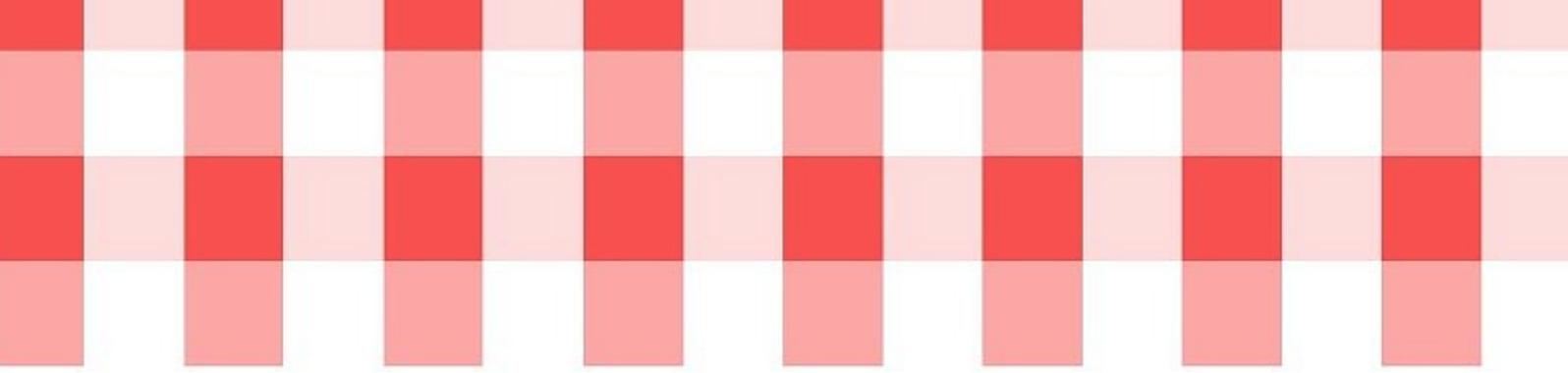
Ginger paste- ½ tsp

Garlic paste- ½ tsp

Salt- to taste

Batter (corn flour, salt and wheat flour) - just to roll it

Whole wheat bread crumbs- for binding



Method:

1. Boil green peas and cut carrot, green capsicum and potato in small size (diamond cut).
2. Microwave all the vegetables as well as sprouted green gram and spinach.
3. Mix all the ingredients and give desired shape.
4. Dip the HEALTHLETS in a batter and then pass through bread crumbs and shallow fry it.
5. Serve HEALTHLETS with green chutney and tomato ketchup.

Health benefits:

High protein and omega 3 rich recipe which can be incorporated as an evening snack. Great option for adolescent and geriatric population since their energy, protein and omega 3 requirements are high.

OATS PALAK DHOKLA

By Namrata Ganatra



Ingredients:

Coarsely powdered oats- ½ cup

Rava- ½ cup

Fresh low fat curd- ¼ cup

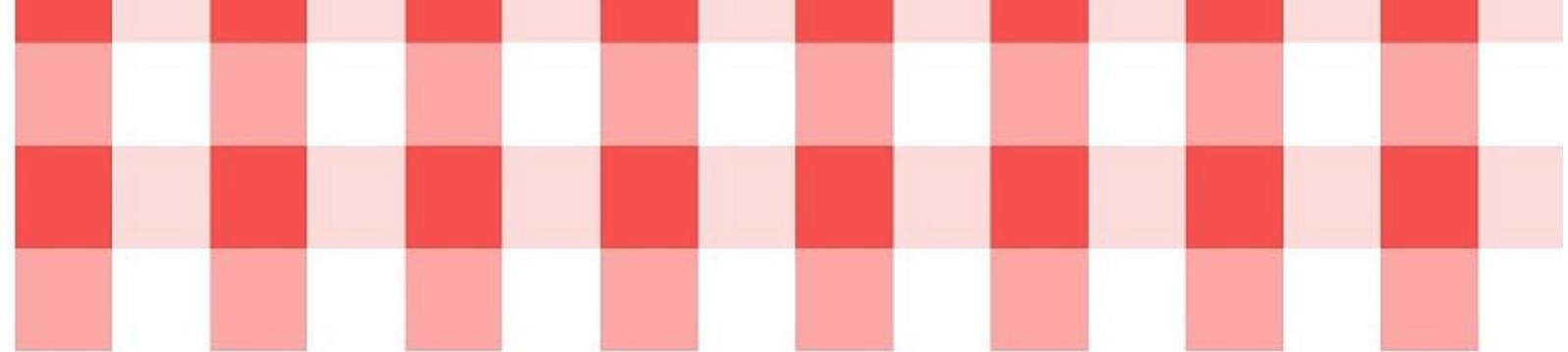
Green chilli paste- ½ tsp

Chopped spinach- ½ cup

Fruit salt (baking soda)- ½ tsp

Salt to taste

Tip: Take ¾ cup of oat flakes to make ½ cup of powdered oats.



Method:

1. Combine the oats, rawa, curd, green chilly paste, salt and $\frac{3}{4}$ cup of water in a deep bowl, mix well and keep aside for 15 minutes.
2. Add the spinach, 2 tbsp of water and mix well to make the batter dropping consistency.
3. Just before steaming, add fruit salt and 2tsp of water over it.
4. When the bubbles form, mix gently.
5. Pour the batter in the plate and shake it clockwise to spread the batter in an even layer.
6. Steam in a steamer for 7 mins or till the dhoklas are cooked.
7. Keep aside to cool it for 3-4 mins and cut into small pieces.
8. Serve immediately with green chutney.

Health benefits:

Oil free, steamed recipe rich in soluble fibre, and complex carbohydrate. Relieves constipation, reduces cholesterol, controls diabetes and a good snack option for weight loss.



Thank You

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