

Making India
HeartSTRONG![®]

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**Breakfast
Recipes**



Besan Cheela

(162 Kcal per piece)

Ingredients

- 1 ½ cups besan (bengal gram flour)
- 1 large tomato, chopped
- 3 to 4 green chillies, chopped
- ½ ginger (adrak), chopped
- 6 cloves of garlic (lehsun), chopped
- 1 tsp cumin seeds (jeera)
- 2 tbsp chopped coriander (dhania) leaves



Method

Grind green chillies, ginger and garlic to a paste.

Mix besan, ground paste, cumin seeds, coriander leaves and chopped tomato.

Add water and make thin batter.

Adjust salt.

Heat a tawa, grease with a little oil and then pour a little batter, spread into a thin round and then cook till done.

Then fold it and serve immediately.

Bengali Chirer Pulao

(240 kcal)

Ingredients

- 2 cups poha (Flattened rice)
- 1 Onion, thinly sliced
- 1 Carrot finely chopped
- ¼ cup green beans finely chopped
- ½ cup cauliflower
- 1/3 cup green peas
- 3 tablespoons roasted peanuts
- 1 tablespoon raisins
- ¼ teaspoon kalonji
- 1 teaspoon turmeric powder
- Salt and pepper, to taste
- 1 tablespoon lemon juice
- Coriander leaves, small bunch, finely chopped
- 1 tablespoon mustard oil



Method

Steam all the vegetables.

Wash poha and strain it.

Heat oil, add onion, nigella seeds (Kalonji) and allow it to crackle.

Add onion, sauté.

Add turmeric powder, add all the vegetables and poha. Combine well.
Add salt.

Close lid, allow to cook for 3-4 minutes.

Garnish with coriander leaves and drizzle lemon juice.

Ragi Temae Tan

(100 kcal)

Ingredients

- 1 ½ cup ragi flour
- ½ cup rice flour
- 1 ½ cup hot water
- 1 tbsp garlic chives, freshly chopped (optional)
- 1 tsp freshly grated ginger
- Salt to taste



Method

In a large mixing bowl add the ragi flour, rice flour and salt.

Pour in the hot water and mix properly with a spoon. Add the chopped herbs and fold in gently. Set aside to let cool. Mix the floor to a smooth dough.

Take a portion of dough, roll between palms to make a round shape and flatten on rolling board, using hand.

Heat a tawa, lightly brush it with oil and place the tan on it. Flip after a minute and cook the other side.

Remove and serve hot.

Sattu ka Paratha

(316 Kcal per 100 grams)

Ingredients

- 1 cup wheat flour
- ½ tsp salt
- ½ tsp ajwain
- 2 tbsp oil
- Warm water for kneading dough
- 1 tsp ghee
- ½ tsp kalonji



For the stuffing:

- ½ cup sattu (roasted brown chickpeas flour)
- 1 small onion chopped
- 1 inch ginger grated, 1 tsp garlic finely chopped
- 2 green chillies
- ½ tsp achar mix
- 1 tsp mustard oil
- Salt to taste
- 1 tbsp water

Method

Take flour in a bowl and add salt, ajwain, kalonji and ghee. Add required amount of water and prepare soft dough.

In a bowl put sattu. Add salt, chopped ginger garlic, green chilli, onion, achar masala, and mustard oil. Mix well with required amount of water make the stuffing moist as to fill easily.

Roll out to make paranthas and fill a portion of sattu in the middle, enfold and roll again.

Cook on tawa until both sides are well cooked.

Paani Pitha

(102 kcal)

Ingredients

- Wheat flour
- Salt to taste
- Onion
- Very little canola oil



Method

Mix wheat, salt, and onion.

Add water and mix well. It should be neither too thick nor thin.

Heat a flat pan to a medium hot. sprinkle some oil.

Take a medium scoop of the batter. Add to the pan and spread fast in a circular motion. Lower the flame.

Cover for some time. Reverse it and cook the other side.

Once cooked, remove from flame and repeat the process for the rest of the 'pitha'.

Serve with veg sabzi or honey.

Chana Ghugni

(114 Kcal per 100 grams)

Ingredients

- 1 cup soaked black chickpeas
- 2 tbsp mustard oil
- ½ tsp cumin seeds
- 1 tej patta, 1 inch cinnamon, 2 cloves
- 1/3 cup onion
- 1 cup finely chopped tomato
- ½ tsp ginger garlic paste
- ½ tsp turmeric powder, ½ tsp chilli powder
- 1 tsp cumin powder
- 1 tbsp coriander powder
- ½ tsp garam masala
- Salt to taste
- 2 cup water for pressure cooking



Method

In a pressure cooker, heat 2 tablespoons mustard oil.

Add ½ teaspoon cumin seeds, 1 tej patta, 1 inch cinnamon and 2 cloves (optional).

Add onion, saute, then add ginger garlic paste and saute.

Add tomatoes and add all the spice powders, Mix well.

Add soaked chana, mix well. Add salt to taste.

Add water and pressure cooker for 15-20 minutes till chana is cooked.

Simmer the gravy until it becomes medium thick, add ½ tsp garam masala.

Koraishutir Kochuri

(50 kcal)

Ingredients

For Cholar Dal

- Split Bengal gram (cholar dal / chana dal) soaked overnight 1 ½ cups
- Cumin seeds ½ teaspoon
- Cloves 3-4
- Dried red chilli broken 1
- Bay leaf 1
- Cinnamon stick 1 inch
- Green chillies slit 2-3
- Fresh coconut cut into thin slices 1 tablespoon
- Turmeric powder ¼ teaspoon
- Raisins 6-7
- Salt to taste
- Fresh coriander sprig for garnish
- 1 tsp ghee

For Stuffing

- Green peas boiled 1 cup
- Onion seeds ½ teaspoon

- Green chillies chopped 2
- Ginger-garlic paste 1 tablespoon
- Cumin powder ½ teaspoon
- Coriander powder 1 teaspoon
- Salt to taste

For Dough

- Whole wheat flour 2 cups
- Sugar a pinch
- Salt to taste



Method

For making stuffing put green peas into a grinder jar and grind into fine paste and transfer into a bowl.

Heat oil in non-stick pan, add onion seeds, green chillies, ginger-garlic paste and sauté for 2-3 minutes. Add ground green peas and saute for 5-6 minutes on medium heat.

Add cumin powder, coriander powder, salt and saute for 3-4 minutes and set aside to cool.

For making dough take wheat flour & salt, add sufficient water and knead into semi-hard dough. Cover with damp muslin cloth and set aside for 10 minutes.

To make cholar dal, heat ghee in a non-stick pan, add cumin seeds, cloves, dried red chilli, bay leaf, cinnamon stick, green chilli and coconut slices and sauté till the coconut turns golden brown.

Add split Bengal gram, turmeric powder, raisins, salt and mix well. Add 2 cups water, mix, cover and cook on low heat for 10-15 minutes.

Preheat air-fryer to 180° C.

Divide the dough into equal balls & shape each ball into a katori. Place some green pea mixture in it, bring the edges together and seal.

Brush canola oil on air-fryer tray and place a kochuri in it and bake for 8-10 minutes.

Garnish the cholar dal with coriander sprig and serve hot with kochuri.

Mulo Shaak

(253 kcal)

Ingredients

- 1 bunch chopped mulo-shaak (radish leaves)
- 1 medium size chopped onion
- ¼ tsp mustard seeds
- 2 red chillies
- As needed salt
- As needed turmeric powder
- 1 tsp mustard oil



Method

Put the chopped mulo-shaak with little water in a pressure cooker and give 3 whistles.

Take out the shaak from the water and keep aside.

Take a pan and put mustard oil, mustard seeds, red chillies and chopped onion in it and sauté.

Now, put the boiled shak, salt, turmeric powder and fry it for sometimes and now it's ready.

Moglai Porota

(117 Kcal per piece)

Ingredients

- ½ onion finely chopped
- 2 chilli finely chopped
- 1 tsp ginger garlic paste
- 1 capsicum finely chopped
- 1 carrot grated
- ¼ tsp turmeric
- ½ tsp Kashmiri chilli
- ½ tsp coriander powder
- ¼ tsp cumin powder
- ½ tsp aamchur powder
- ¼ tsp salt
- 2 cups grated paneer
- 1 tsp rice bran oil

For the dough:

- Whole wheat flour
- Water

Method

Prepare the stuffing by heating 1 tsp oil, saute ½ onion, 2 chilli and 1 tsp ginger garlic paste for 2 minutes. Further add 1 capsicum, 1 carrot and saute till the vegetables shrink.

Add ¼ tsp turmeric, ½ tsp chilli powder, ½ tsp coriander powder, ¼ tsp cumin powder, ½ tsp aamchur, ¼ tsp garam masala and ½ tsp salt. Saute for a minute and then add the paneer. Keep aside for cooling.

Make dough by mixing flour and water. Take a small portion, roll the dough to slightly thin thickness.

Spread the prepared paneer stuffing in center, fold and close all sides of paratha forming a square. Press gently.

Cook the paratha on both sides on hot tawa.

Serve veg moghlai paratha along with raita or curry.

