

Tasty & Thin Grilling and Sides

Easy Low Carb Kabobs, Dipping Sauce and Sides

Published by Nargis & Nashina Asaria at Smashwords

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MAIN DISHES

Shish Kebab

Makes 12 kebabs

Ingredients

1 lb lean ground beef

½ teaspoon ground red pepper (optional or more if you want them more spicy)

¾ teaspoon crushed ginger

¼ teaspoon crushed garlic

½ teaspoon salt

¼ teaspoon ground black pepper

¾ teaspoon cumin powder

1 tablespoon chopped cilantro

1 medium onion finely chopped or grated.

Directions

Knead all of the ingredients until smooth.

Divide into 12 equal portions.

Shape around square-edged skewers into sausage-shaped rolls.

Barbecue and slide off when cooked. If you do not have skewers use a thin round rolling pin.

Slide off the rolling pin and barbecue.

Serve with Tamarind chutney (see recipe)

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Meat or Chicken Mishkaki

Serves: 3-4

Ingredients

1 lb cubed sirloin tip beef OR lamb OR chicken breast

½ teaspoon salt

½ teaspoon crushed ginger

¼ teaspoon crushed garlic

¼ teaspoon red chili powder (optional)

1 teaspoon lemon juice

1-2 tablespoons yogurt

Directions

Combine the above ingredients and marinate meat for 6-8 hours or overnight

Thread 6 pieces onto a skewer and barbecue

Serve with curried corn, salad and tamarind chutney

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Tandoori Chicken

Serves: 3-4

Ingredients

1 lb chicken Breast/thigh and or drumsticks
2 cups yogurt
1 tablespoon ground cumin powder
1 tablespoon ginger paste
1 tablespoon garlic paste
3 tablespoons oil
½ teaspoon salt or to taste
1 tablespoon Tandoori Masala (store bought)
½ teaspoon red chili powder (optional)

Directions

Make a marinade using all the ingredients in a large bowl.
Mix in the chicken and marinate for 6-8 hrs or overnight. (The longer the better)
Barbecue and enjoy.
Serve with corn on cob, salad and grilled vegetables.

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Salmon Kabob

Serves 3-4

Ingredients

21 pieces Salmon cut into 1½inch cubed
Juice from ½ lemon
½ teaspoon salt
4 tablespoons pesto
2 tablespoons sun dried tomato paste

Directions

Marinate the salmon with the ingredients and refrigerate for one hour
Tread 6 to 7 cubes onto skewers and barbeque.
Serve with grilled vegetables and salad.

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Barbecue Chicken for Kids

Serves: 2

Ingredients

1 chicken breast cut into 4 pieces
2 tablespoons barbecue sauce
2 tablespoons honey
Sprinkle if Lawry's Seasoning Salt

Directions

Marinate the chicken in the above sauce and barbecue.

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Grilled Vegetables

Serves: 4

Ingredients

2 zucchinis chopped into 2in cubes
2 red peppers chopped into cubes
1 medium yellow or white onion cut into 2in cubes
4 large button mushrooms – sliced.
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon crushed black pepper

Directions

Marinate all the vegetable in the oil, salt and black pepper.
Wrap the vegetables in tin foil and grill on the barbecue.
Serve with all the meat and fish dishes

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DIPPING SAUCE

Tamarind Chutney Option One

Quick & Easy with tamarind paste or juice in a jar from store.

Ingredients

½ cup Tamarind paste
½ cup water (if using Tamarind juice no need for water)
5 chopped pitted dates
¼ teaspoon cumin powder
¼ teaspoon red chili powder or 2 fresh jalapenos
½ bunch cilantro

Directions

Blend all the ingredients to a smooth liquid.
If using juice from a jar do not add extra water.

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Tamarind Chutney Option Two

Tamarind Paste from the tamarind fruit
Makes 2 cups

Ingredients

¼ lb Tamarind
2 cups of water
¼ lb chopped pitted dates
¼ teaspoon salt
¼ teaspoon cumin powder
¼ teaspoon chili powder
½ teaspoon vinegar

Directions

Cover tamarind with water and soak over night
Remove seeds, blend and strain into a saucepan.
Add salt, cumin powder, dates and boil for 10 minutes
Add chili powder and vinegar

Cool and store the sauce in plastic container
Use freezer for long-term storage.

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SIDE DISHES

Creamy leak and sweet potato soup

Serves – 4

Ingredients

2 tablespoons (1/4 stick) butter
1 cup chopped onion
2 small celery stalks – chopped
1 medium leek – slices – white and green parts
1 teaspoon garlic –crushed
5 cups of sweet potatoes or yams peeled and cut into 1 inch pieces.
4 cups chicken broth (low salt) or vegetable broth for vegetarian option
1 cinnamon stick
¼ teaspoon ground nutmeg
Leafy greens of celery stalks chopped – for garnish

Directions

Melt the butter in a large saucepan, over medium heat.
Add onions and sauté.
Add celery and leeks, sauté for 5 minutes.
Add garlic and sauté for 2 minutes
Add sweet potatoes, chicken stock, cinnamon stick and nutmeg then bring to boil.
Reduce heat and simmer uncovered till the sweet potatoes are tender.
Remove cinnamon stick and discard.
Working in batches, puree soup in a blender until smooth.
Return to pot, heat and taste.
Add salt if needed.
Ladle hot soup into bowls, sprinkle celery leaves and serve.

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Cabbage Curry

Ingredients

4 cups shredded cabbage
½ teaspoon mustard seeds
½ teaspoon cumin seeds
½ teaspoon red chili (optional)
1 teaspoon crushed garlic
4 tablespoons crushed tomatoes
1 tablespoon Dhana Jira Powder
1 cup of water
½ teaspoon salt
3 tablespoons olive oil

Directions

Heat oil in a saucepan, on medium heat.

Once oil is hot add mustard and cumin seeds.

When seeds start to pop and cumin seeds turn brown add the cabbage and rest of the ingredients.

Cook till the cabbage is soft.

Taste and add salt if needed.

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Curried Corn

Serves: 8

Ingredients

3 tins of sweet corn
2 Tablespoons olive oil
½ Tablespoon cumin seeds
5 curry leaves (optional)
¼ teaspoon turmeric
1 cup crushed tomatoes
1 tablespoon tomato paste
¼ cup chopped cilantro
½ teaspoon salt

Directions

Remove corn from cans and drain

Heat oil in a saucepan (medium heat)

Add cumin seeds and curry leaves.

When cumin seeds turn light brown add tomatoes and tomato paste, turmeric and salt.

Cook for 5 to 7 minutes, add corn and stir till the tomato curry is well mixed in.

Simmer for 5 minutes

Garnish with chopped cilantro and serve hot.

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Shrimp Ceviche

Serves: 6

Ingredients

1 lb small peeled and deveined shrimp
1 small cucumber, quartered and sliced
½ sup sliced red onion
2 tablespoons minced jalapenos
2 cloves minced garlic
¼ cup fresh lime juice
2 tablespoon olive oil
¼ teaspoon salt
¼ teaspoon cracked pepper
¼ cup fresh chopped cilantro

Directions

Cook the shrimp in a pot of boiling water from about 3mins or until done.
Stop further cooking by adding shrimp into cold water.
In a large nonaluminum bowl all add the other ingredients and mix.
Mix in the shrimp and cover.
Chill in your refrigerator for several hours.
Serve alone or with avocado.

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GLOSSARY

Cardamom (elaychi) – There is different types of Cardamom. The commonly used one is the green pods. Cardamom is highly aromatic.

Chili Powder (lal chutney) - Chili powders come in different strengths, so special care should be taken to suit your personal taste.

Cinnamon (tuj) – It can be purchased in stick or powder form. Cinnamon has a pleasant sweet taste and aroma.

Cloves (laving) – Cloves are aromatic and can be used whole or in powder form.

Cilantro (dhana) – This can be purchased in seeds, coarsely ground or powder form.

Cumin (jira) – This can be purchased in seed or powder form.

Cilantro/Cumin powder (dhana/jira powder) -This is a mixture of both cilantro and cumin powders. You can buy this from an Indian grocery or make it at home. – see Home made Masala recipe

Curry leaves (limdho) – Curry leaves are like bay leaves but smaller. They are sold fresh or dry in Indian grocery stores.

Dals (lentils) – Split beans are called dals(lentils).

Garam Masala – A combination of spices which varies from cook to cook in spiciness and hotness. See Home Made Garam Masala recipe. You can also buy garam masala in Indian grocery stores.

Garlic (lasan) – Sold in most supermarkets in fresh or crushed forms.

Ghee (clarified butter) – Ghee is made from unsalted butter.

Ginger (adu) – Sold in most supermarkets in fresh root or ready paste.

Gram Flour (channa no atto)- This is the flour made from black chick peas. This is very high in protein and is gluten free.

Mustard Seeds (rai) – Round black seeds used to flavor vegetables and dals.

Turmeric (haldi) - Used in savory dishes to give color. It has an antiseptic value.

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About the Authors

Nargis and Nashina are mother and daughter who went on a slow carb diet after Nashina gave birth to her third daughter in May 2011. Nargis was 150lbs and Nashina was 140lbs and both wanted to lose weight in a permanent and healthy way, but finding tasty recipes was a big challenge and they found that they had to make up a lot of carb free recipes so that they wouldn't

get bored. Within 3 months Nargis had lost 30 lbs and Nashina 20lbs. Today Nargis and Nashina are still eating healthy and have brought Indian flavor to most of their meals. Many people have asked them to publish their recipes and finally they have. www.tastynthin.com Please connect with us online at Twitter: <http://twitter.com/Tastynthin> and on Facebook at www.facebook.com/tastynthin.

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Below Nargis and Nashina and the three girls who inspired their weight loss.

