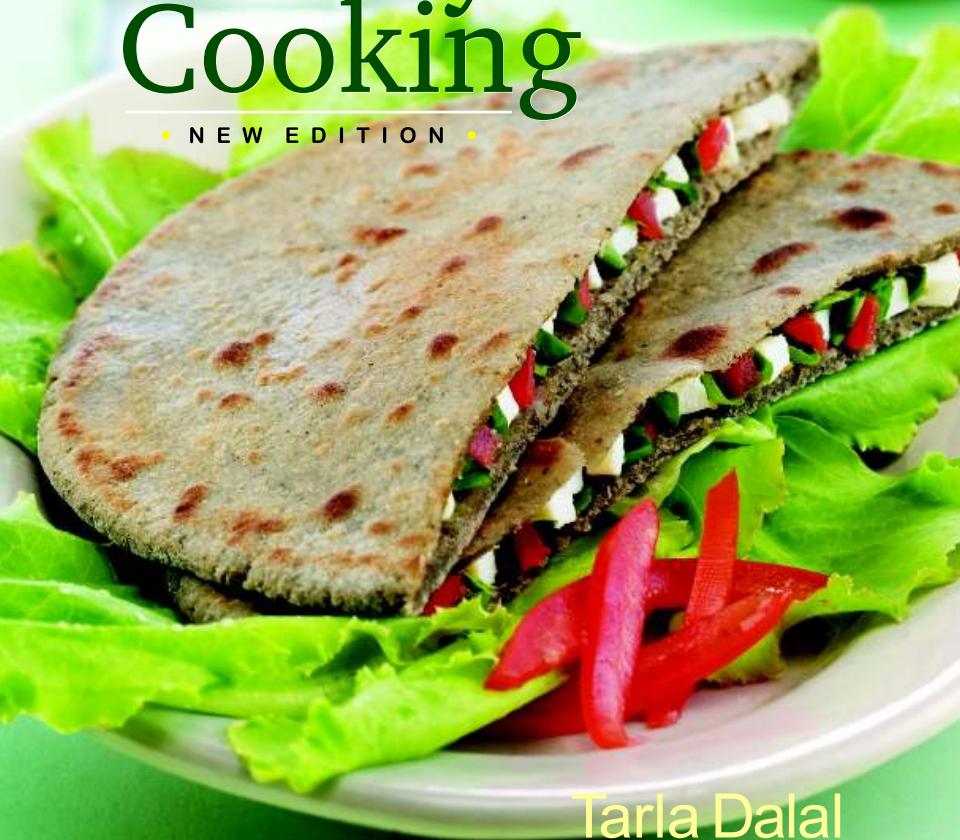


TOTAL HEALTH

Low Calorie Healthy Cooking

• NEW EDITION •



tarladalal.com

Tarla Dalal

■ INDIA'S #1 COOKERY AUTHOR ■

Introduction

Dear readers,

If you ask me, I'll say that the most difficult aspect of weight-loss, is dealing with the misconceptions! How does one filter the good advice from the bad, the practical suggestions from the impractical ones? Swimming headlong into the world of dieting without arming themselves with the right information, people often end up going overboard with their weight-loss measures. They strictly avoid their favourite dishes, go on crash diets, and end up spoiling their health and appetite in the long run!

The wiser way to lose weight is to adopt healthy lifestyle practices, and cook and eat smart, accompanied by the required amount of exercise. Losing weight does not mean throwing away your favourite recipes; it simply means modifying them by replacing the high-calorie ingredients with low-calorie ones! This involves not just replacing the ingredients, but also tweaking the cooking methods and procedure in small ways, in order to retain the nutrients while ensuring the authentic taste. In fact, weight-watchers must also understand that completely abstaining from oil, dairy products etc. will lead to various deficiencies and diseases in the long run. So, the goal of a good diet-plan is to understand the role of each nutrient in the diet, make sure all of them are included, and at the same time produce the meal in such a fashion that it has minimal calories. That is precisely, what we have done in this book "Low-Calorie Healthy Cooking".

Considering that my low-cal recipe collections have been best-sellers, we have come up with a revamped version of my book on low-calorie healthy cooking, by including newer and more innovative recipes. The book includes variants of traditional dishes as well as new ones, covering the whole gamut of the meal spread, ranging from soups and snacks to desserts.

Try out the recipes ranging from Health Drink, page 19, Carrot Soup, page 35, Mexican Salad, page 43, Bharwa Lauki, page 59, Sprouts Kadhi, page 63 to Chocolate Sandesh, page 103 and Pineapple Sheera, page 110. Understand the various intelligent cooking methods we have used such as baking/steaming and observe how we have replaced high-cal ingredients with low-cal ones, and feel free to experiment on your own too.

Plan your balanced meals from these recipes, which I would like to call as 'smart' rather than just low-cal, and enjoy good health!

Stay fit, stay slim!

Best wishes,

Tarla Dalal

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PANEER TAMATAR PARATHA

Here's an interesting variation of the popular paneer paratha with the zest and tang of tomatoes. Minimum oil has been used to knead the dough and cook to parathas, making it weight-watcher's delight.

Preparation Time: 20 minutes. Cooking Time: 30 minutes. Makes 6 parathas.

For the *chapatis*

1 cup whole wheat flour (*gehun ka atta*)

½ cup plain flour (*maida*)

1 tsp oil

Salt to taste

¾ tsp oil for kneading and cooking

Whole wheat flour (*gehun ka atta*) for rolling

To be mixed into a stuffing

½ cup grated low-fat *paneer* (cottage cheese), page 116

2 tbsp mozzarella cheese

2 tbsp chopped yellow capsicum

1 green chilli, finely chopped

½ cup chopped tomatoes without the pulp

Salt to taste

For the *chapatis*

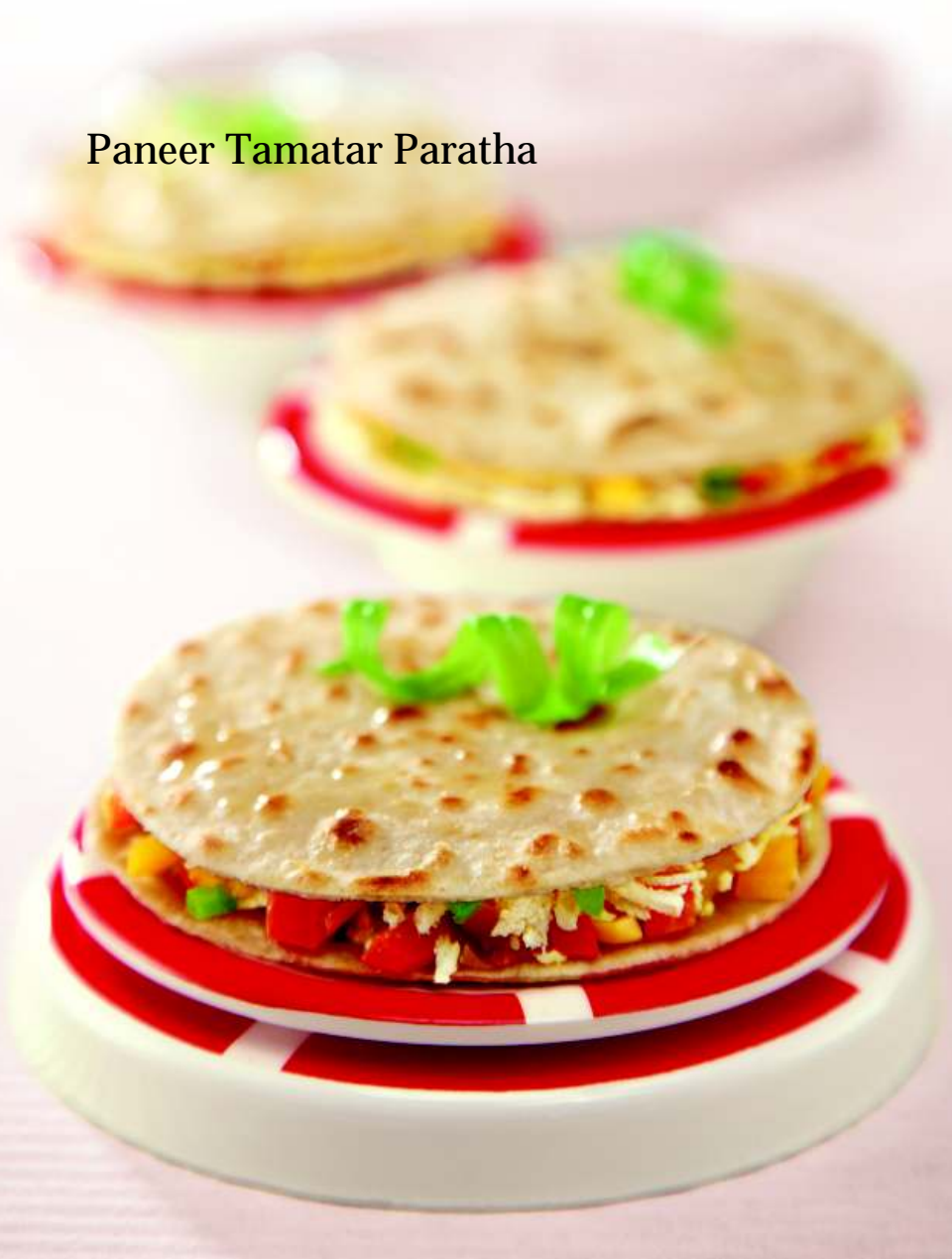
1. Combine all the ingredients in a bowl and knead into a semi-soft dough using enough water. Keep aside for 10 minutes and knead using ¼ tsp oil till smooth.
2. Divide the dough into 12 equal portions and roll out each portion into thin rounds of 150 mm. (6") diameter using a little flour for rolling.
3. Cook lightly on both sides on a *tava* (griddle) and keep aside.

How to proceed

1. Divide the stuffing into 6 equal portions and keep aside.
2. Place a *chapati* on a flat surface, spread 1 portion of the stuffing evenly over it and place another *chapati* on top and press well so that they stick.
3. Heat a *tava* (griddle) and cook the *paratha* on both sides using ½ tsp of oil till it turns crisp and golden brown in colour.
4. Repeat with the remaining *chapatis* and stuffing to make 5 *parathas*.
Serve hot.

Nutritive values per <i>paratha</i>						
Energy	Protein	Carbohydrate	Fat	Fibre	Vitamin C	Calcium
109 calories	6.2 gm	12.4 gm	3.6 gm	0.2 gm	13.2 mg	252.9 mg

Paneer Tamatar Paratha



WHOLE WHEAT PASTA WITH TOMATO GRAVY

Savour this healthy Italian delicacy, which is also a rich source of protein and fibre! The Italian diet, which is known for its high-calorie pasta preparations and its cheesy sauces has been converted into this “96 calorie (per serving), high fibre version”. As the name suggests, I have used whole wheat pasta instead of plain flour pasta, mixed with a scrumptious tomato sauce and loads of veggies that you'll surely love. The meal will be complete when served with the exotic Spinach Soup, page 24.

Preparation Time: 10 minutes. Cooking Time: 10 minutes. Serves 4.

For the sauce

2 tsp oil

½ cup finely chopped onions

1 tbsp finely chopped garlic (*lehsun*)

1½ cups tomato purée

½ tsp chilli powder

1 tsp sugar

Salt to taste

¾ cup low fat milk (99.7% fat-free, readily available in the market)

1 tsp cornflour mixed with 1 tbsp of water

For the sauce

1. Heat the oil in a non-stick pan, add the onions and garlic and sauté on a medium flame till they the onions turn translucent.
2. Add the tomato purée, chilli powder, sugar and salt and cook on a medium flame for 5 to 7 minutes, stirring once in between.
3. Add the milk and cornflour mixture, mix well and bring to boil, while stirring continuously. Keep aside.

How to proceed

1. Heat the oil in a non-stick pan, add the garlic and capsicum and sauté for a few seconds.
 2. Add the corn, chilli flakes, pasta and the prepared sauce, toss gently and cook for another minute.
- Serve hot.

Nutritive values per serving				
Energy	Protein	Carbohydrate	Fat	Fibre
124 calories	4.6 gm	20.6 gm	2.6 gm	1.5 gm

Whole Wheat Pasta with Tomato Gravy





Minty Cucumber Cooler & Health Drink

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ISBN 978-8-190035-32-3



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