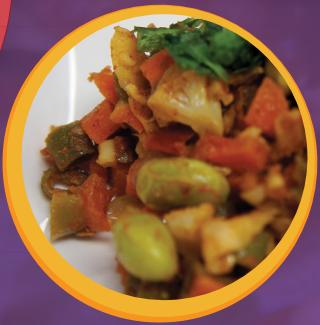
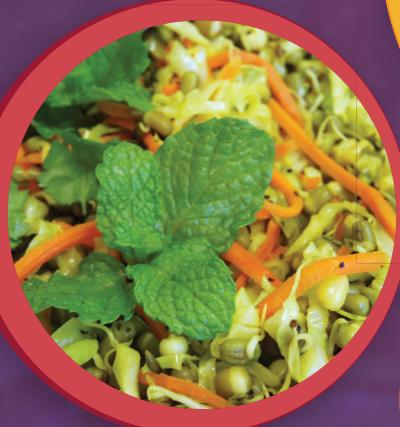


# Cooking *from* the Heart

Healthy & Delicious South Asian Cuisine



South Asian  
Heart Center  
EL CAMINO HOSPITAL



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# Eating Your Way to a Healthy Heart

Food is an essential and divine part of the South Asian Culture. In fact, it is considered it to be the music to our soul, the gateway into our vibrant and colorful world. In South Asian culture, food is not something you just eat. It is much more. It symbolizes culture, family, passion, heritage, and community. Due to daily stressors that originate from work commitments and deadlines, family obligations and much needed personal time, it is often difficult to carve out time to prepare these culturally rich dishes to fulfill this passion and care for food. Our lives have become so busy that we regularly and sometimes knowingly make unhealthy choices. Our hectic lifestyle and unhealthy food choices have an adverse effect on our health, most importantly our heart-health.

Heart disease is a pressing issue in today's society, especially in South Asians, because of their four-fold risk of heart disease (CAD or coronary artery disease) compared to the general population. The mission of the South Asian Heart Center is to reduce high incidence of coronary artery disease in South Asians through a comprehensive, culturally appropriate program that raises awareness through education, evaluates risk factors for heart disease with advanced screening, and facilitates lifestyle changes with supportive heart-health coaching. One of the easiest ways to prevent and delay the onset of CAD is by being mindful and incorporating high nutrient diets, exercising regularly, and managing stress.

**Cooking for the Heart. From our homes to yours.** South Asian Heart Center participants and volunteers have compiled an exciting resource to help home cooks prepare meals for the family. The cookbook is full of delicious, tasty recipes for heart healthy living. It is a result of community collaboration and is a collection of their all-time favorite recipes, prepared and meticulously taste tested by them. We recalibrated, recalculated, reproduced and retested the recipes until we achieved a delectable, delicious and heart- healthy version, while retaining all the subtle flavors of South Asian cooking. We critically analyzed each ingredient - from a cup of vegetable to a teaspoon of turmeric, from total calories to milligrams of sodium.

As you scroll through the list of recipes, you will find a clear and succinct report of the nutritional values as well as an appropriate serving size for each item. We have also provided serving size conversion charts to aid you in identifying the actual serving size for each menu item. In addition, we have provided a calorie calculator to help compute your recommended daily calorie needs based on your height, weight, age and activity factor – to help you determine the calories you need to consume daily to maintain your current weight. Because most of the South Asian meals consist of multiple dishes, we are working on creating authentic and complete South Asian meal plans for any calorie range. We hope to bring this to you soon, along with worksheets on how to track your food intake.

You can also contribute your favorite recipes for future editions of **Cooking from the Heart**. Just send the name of the recipe, complete list of ingredients, method of preparation, and the recipe yield in total servings to: [nutritionist@southasianheartcenter.org](mailto:nutritionist@southasianheartcenter.org). We will work with you to review, prepare, analyze, and adapt the recipe for inclusion in upcoming releases of this book.

We hope this collection of South Asian recipes helps you in your efforts to achieve a healthier and fulfilling lifestyle.

**Ashish Mathur**

Executive Director | South Asian Heart Center, El Camino Hospital

# HEARTier CHOICES Guidelines

**HEARTier Choices** is about making sensible food selections and substitutions as you decide on foods, to enhance your heart health. HEARTier Choices are usually:

- Packed with nutrients mainly from vegetables and fruits, freshly cooked, fresh food-
- Higher in essential monounsaturated fats, low in saturated fat and devoid of trans fats
- Low in simple-carbohydrates; higher in dietary fiber content

Making HEARTier Choices is also about eating a variety of foods each day – 4-5 servings of fruits and vegetables combined, 2-3 servings of grains (mainly whole grains), 3 servings of nonfat/skim/low fat dairy, and 4-5 servings of pulses/legumes/beans.

- Eat whole fruit/vegetable instead of drinking juice to increase the intake of fiber.
- Use green vegetables freely and prepare them in a small amount of oil, if any at all.
- Be conscious of the servings of a food you are actually consuming.

1 serving of cereal is about 3/4 cup. One bowl of cereal can have up to 4 servings and 4 times the calories you may think you are consuming.

## CHOOSING HEARTier CARBOHYDRATES

- Make complex-carbohydrate food choices. Substitute brown rice for white rice. Avoid enriched flour white breads; instead check for whole-wheat flour/whole grains (not just wheat flour) and 3 grams of fiber per slice.
- Instead of eating only rice, try other grains such as cracked wheat, barley, quinoa (available in most stores and high in protein content), and prepare them as if you would use rice in pulao.
- Use 100% whole-wheat flour or multigrain flour (jowar, bajra, ragi) to make roti, chapatti or phulka. Avoid oil and use minimal ghee for flavoring while consuming them.
- Try eating whole-wheat pasta, and only thin crust pizzas.

## CHOOSING HEARTier FATS

- Choose lean meats such as white meat chicken, pork, lean red meat, or turkey.
- Use 1%, skim or nonfat dairy products such milk, yogurts, and cheese to lower saturated fat consumption in making homemade desserts, or while making paneer.
- Cook with a minimal amount of oil. One teaspoon is one serving. Use oils high in monounsaturated fats such as olive or canola. Avoid oils high in saturated fat, such as coconut milk and cream. Use ghee sparingly, and only for flavoring.
- Use a pastry brush to apply oil to the pan (instead of a spoon) while making parathas. Use a pump oil sprayer such as MISTO (rather than cooking sprays that have chemicals or propellants). Fill with olive oil (for cold, low temperature / short duration cooking) or canola oil.
- In general, observe cooking methods such as steaming, baking, roasting, broiling or grilling as a lower fat option.
- Limit egg yolks. Use egg whites or cholesterol free egg substitute (in cartons).
- Avoid coconut milk, which is high in saturated fat. Instead, use less than called for or lighter versions.
- Avoid products containing trans-fats (avoid foods that list hydrogenated shortening in the ingredients).
- Look for butter substitutes that are low in saturated fat and have no trans-fat.

## CHOOSING HEARTier PROTEINS

- Tofu is a good source of high-quality protein. Use it in place of paneer as in palak or matar-paneer.
- Cook with soy crumbles or textured vegetable protein instead of ground meat.
- Tofu is a good source of high-quality protein. Use it in place of paneer as in palak or matar-paneer.
- Cook with soy crumbles or textured vegetable protein instead of ground meat.
- Buy lean chunks of meat (chicken, beef, turkey, or pork) first, and then ask the grocer to grind it.
- For complete protein, eat rice and daal together.
- Use small amount of all-natural peanut butter instead of butter – fills up for longer, and provides protein.

## REDUCING SALT

- Snacks are a high source of salt – Eat papad, namkeen, and pickles in moderation.
- Instead of using a saltshaker, take the amount required in your palm, sprinkle, & prevent over-salting.
- Use lemon juice, vinegar, dry amchur powder, tamarind, kokum instead of salt to add taste to the food or try a salt substitute like Mrs. Dash.
- Use fresh vegetables instead of canned as canned vegetables are packed with salt (or use the “no added salt” variety). Rinse canned food (such as beans, garbanzos before using to remove excess salt).

# Cooking for the Heart

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# Appetizers



# Avocado Dip

Category: Appetizer

Region of Origin: Adapted



## Ingredients

2 Ripe Avocados	$\frac{1}{2}$ cup Raw Spinach
2 tbsp. Fat Free Cottage Cheese	$\frac{3}{4}$ tsp. Salt
2 Garlic Cloves	$\frac{1}{4}$ tsp. Black Pepper
1 tsp. Lemon Juice	1 Jalapeno Pepper (Alternative: Green Chili)

## Preparation

1. Slice the avocado in half and remove seed. Scoop out the avocado.
2. In a blender, add all the ingredients together and blend into a smooth paste.

## Helpful Hints

- Spread on whole wheat bread and top with cucumbers, sprouts and tomatoes for a delicious and heart healthy sandwich!
- Use as a dip with celery, carrots or whole wheat baked pita chips.

NUTRITION FACTS		SERVING SIZE: $\frac{1}{4}$ cup	SERVINGS: 5
Calories	134	Calories from Fat	99
Total Fat	12 g	Total Carbohydrate	8 g
Saturated Fat	2 g	Dietary Fiber	6 g
Polyunsaturated Fat	1.5 g	Sugar	1 g
Monounsaturated Fat	7.9 g	Total Protein	2 g
Cholesterol	0 mg	Sodium	357 mg

PREP TIME: 10 MIN.

COOK TIME: 0 MIN.

# Hummus

Category: Appetizer

Region of Origin: Adapted



## Ingredients

16 Oz. Canned Chickpeas	2 tbsp. Olive Oil
1 Lemon	½ tsp. Salt
1-3 Garlic Cloves	½ Small Onion, chopped finely
¼ cup Tahini	1 Tomato, chopped finely
Parsley, cut coarsely (for garnish)	

## Preparation

1. Drain chickpeas, keep and set aside ¼ cup of liquid from can. Rinse chickpeas with water to remove excess sodium.
2. Squeeze juice from the lemon.
3. Mince garlic.
4. Puree chickpeas, liquid set aside, lemon juice, garlic, tahini, olive oil, and salt in a food processor until smooth.
5. Chop onion and tomato, and toss with parsley as the relish.
6. Place hummus on a plate and arrange relish on the side.

## Helpful Hints

- Suggest serving with whole wheat pita bread or toasted pita bread. (Buy whole wheat pita, cut into bite size pieces, place in oven at 400 °F and turn pita until desired crisp is achieved.)

NUTRITION FACTS		SERVING SIZE: ½ cup	SERVINGS: 8
Calories	152	Calories from Fat	70
Total Fat	8 g	Total Carbohydrate	17 g
Saturated Fat	1 g	Dietary Fiber	4 g
Polyunsaturated Fat	2.4 g	Sugar	1g
Monounsaturated Fat	4.1 g	Total Protein	5 g
Cholesterol	0 mg	Sodium	323 mg
PREP TIME: 10 MIN.		COOK TIME: 0 MIN.	



# Salads



# Brown Rice Salad

Category: Entrée

Region of Origin: Mediterranean



## Ingredients

2 cups cooked Brown Rice	1 tsp. Olive oil
½ cup Cucumber, chopped	½ tsp. Salt
½ cup Tomato, chopped	½ tsp. Black Pepper
½ cup Green Onion, sliced	¼ cup Lemon Juice
¼ cup Fresh Cilantro/Parsley	Mint Leaves, Chopped (Garnish)

## Preparation

1. Combine all ingredients.
2. Toss well and chill.

## Helpful Hints

- Heat ¼ tsp. Olive oil in a pan. Add mint and allow to crisp. Cool and add to the salad.

NUTRITION FACTS		SERVING SIZE: ½ cup	SERVINGS: 6
Calories	96	Calories from Fat	13
Total Fat	1 g	Total Carbohydrate	19 g
Saturated Fat	0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.3 g	Sugar	1g
Monounsaturated Fat	0.8 g	Total Protein	2 g
Cholesterol	0 mg	Sodium	202 mg
PREP TIME: 5 MIN.		COOK TIME: 5 MIN.	

# Radish Salad

## Category: Appetizer

## Region of Origin: Adapted



## Ingredients

2 cups Radish	1 tbsp. Cilantro, chopped
¼ tsp. Lemon Juice	1 tbsp. Roasted Peanuts
¼ tsp. Salt	¼ tsp. Cumin Powder, ground
1/8 tsp. Sugar	½ Green Chili, finely chopped

## Preparation

1. Squeeze out the excess water from the grated radish.
2. Add lemon juice and cilantro.
3. Just before serving add salt, sugar, cumin powder, green chili and ground peanuts. Stir.

## Helpful Hints

- For color use red radish, and serve on a bed of green leaf lettuce, Romaine leaves, endive or red cabbage leaves.

NUTRITION FACTS		SERVING SIZE: $\frac{1}{2}$ cup	SERVINGS: 4
Calories	35	Calories from Fat	16
Total Fat	2 g	Total Carbohydrate	4 g
Saturated Fat	0.3 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.4 g	Sugar	1 g
Monounsaturated Fat	1.1 g	Total Protein	1 g
Cholesterol	0 mg	Sodium	170 mg

# Rainbow Salad

Category: Appetizer

Region of Origin: Adapted



## Ingredients - Salad

2 cups Cabbage, shredded	2 Carrots, grated
1 Bell Pepper, diced	1 cup Cauliflower, diced
1 cup Cucumber, diced	1 cup Oranges, diced
½ cup Peanuts, chopped	¼ cup Cilantro, chopped
1 tsp. Coconut, unsweetened	

## Ingredients - Dressing

1 tsp. Ginger	1 tsp. Salt (to taste)
1 tbsp. Orange Juice	1 tsp. Sugar
1 tsp. Lime Juice	1 Beet Root

## Preparation

1. In a large bowl, add all vegetables, except nuts and cilantro.
2. In a small bowl for dressing, grate ginger. Add orange juice, lime juice, salt and sugar. Leave beets out until the end.
3. Add this dressing to vegetables and mix well. Finally add grated beets, cilantro and nuts-mix gently. Serve immediately.

## Helpful Hints

- Add beets just before serving as the color will bleed into all the vegetables.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 8
Calories	109	Calories from Fat	55	
Total Fat	7 g	Total Carbohydrate	11 g	
Saturated Fat	2 g	Dietary Fiber	4 g	
Polyunsaturated Fat	1.5 g	Sugar	6 g	
Monounsaturated Fat	2.3 g	Total Protein	4 g	
Cholesterol	0 mg	Sodium	321 mg	
PREP TIME: 20 MIN.		COOK TIME: 0 MIN.		





# Sides



# Almond Quinoa Pilaf

## Category: Grain/Starch

## Region of Origin: India



## Ingredients

2 cups Quinoa, Uncooked	1 cup Almonds, roasted, unsalted
1 tsp. Olive Oil	1 tsp. Cumin Seeds
3-4 Green Chilies	4 cups Water
1 Lime	1 tsp. Sugar
½ cup Coriander Leaves	¾ tsp. Salt

## Preparation

1. Wash and rinse quinoa and coriander Leaves. Drain and set aside.
2. In spice grinder/food processor, make a coarse mix of almonds. Set aside.
3. In a big pan, heat oil. Add cumin seeds and chili. Stir for a minute. Add the rinsed quinoa, salt and sugar. Mix well.
4. Add 4 cups of water and let it boil on high heat for 5 minutes, without a lid. Cover with fitting lid and lower the heat for 5 minutes. Turn off the heat but do not remove the lid for next 5 minutes. The steam finishes the process of cooking
5. Remove from heat and add coarsely chopped almonds, chopped cilantro, and lime juice.
6. Serve immediately with a slice of lime on the side

NUTRITION FACTS		SERVING SIZE: $\frac{1}{2}$ cup	SERVINGS: 8
Calories	280	Calories from Fat	105
Total Fat	12 g	Total Carbohydrate	34 g
Saturated Fat	1 g	Dietary Fiber	6 g
Polyunsaturated Fat	3.7 g	Sugar	2 g
Monounsaturated Fat	6.9 g	Total Protein	10 g
Cholesterol	0 mg	Sodium	228 mg
PREP TIME: 10 MIN.		COOK TIME: 25 MIN.	

# Tamarind Rice

Category: Entrée

Region of Origin: Southern India



## Ingredients

1 tsp. Olive Oil	¼ tsp. Mustard Seeds
3-4 Curry Leaves	2 Red Chilies (or as per taste)
1 Tbsp. Tamarind Rice Powder (dry)	6-8 Peanuts, roasted, unsalted
3 Walnuts, chopped	1 Tbsp. Cilantro, chopped
2 cups Brown Rice, cooked	1 tsp. Salt

## Preparation

1. Heat oil in a pan and add mustard seeds.
2. Wait for it to splutter. Add curry leaves and chili.
3. Stir for a minute. Add tamarind rice powder and stir for another minute.
4. Throw in the rice, salt, and nuts, and mix well.
5. Garnish with coriander leaves.

## Helpful Hints

- For added spice/heat, increase red chili as desired.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 6
Calories	120	Calories from Fat		33
Total Fat	5 g	Total Carbohydrate		19 g
Saturated Fat	1 g	Dietary Fiber		2 g
Polyunsaturated Fat	1.4 g	Sugar		1 g
Monounsaturated Fat	1.7 g	Total Protein		3 g
Cholesterol	0 mg	Sodium		198 mg
PREP TIME: 5 MIN.		COOK TIME: 15 MIN.		

# Cabbage Carrot

Category: Appetizer or Side Dish

Region of Origin: Adapted



## Ingredients

½ tsp. Cumin Seeds	1 tsp. Olive Oil
4 cups Cabbage, shredded	1 cup Carrots, grated
¼ tsp. Turmeric Powder	½ tsp. Table Salt
¼ tsp. Black Pepper	

## Preparation

1. Heat oil in a skillet over medium/high heat. Add cumin seeds, cover to avoid splattering. Cook until cumin seeds stop popping (3-5 seconds).
2. Add the carrots and cabbage, turmeric, salt, and pepper. Stir-fry until heated through, 3-4 minutes, or until cabbage is crisp/tender.
3. Transfer to serving platter and enjoy.

NUTRITION FACTS		SERVING SIZE: ½ cup	SERVINGS: 8
Calories	20	Calories from Fat	6
Total Fat	1 g	Total Carbohydrate	3 g
Saturated Fat	0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0 g	Sugar	2 g
Monounsaturated Fat	0.4 g	Total Protein	1 g
Cholesterol	0 mg	Sodium	161 mg

PREP TIME: 5 MIN.

COOK TIME: 6 MIN.

# Mixed Vegetable

Category: Entrée

Region of Origin: India



## Ingredients

½ cup Edamame	½ cup Carrots, diced small
½ cup Tomato, chopped	½ cup Green Beans
½ cup Cauliflower, cut into florets	½ cup Onion, chopped
2 tsp. Garlic, chopped	½ tsp. Red Chili Powder
2 tsp. Ginger, chopped	1 Tbsp. Olive Oil
¾ tsp. Curry Powder	Fresh Cilantro for garnish (optional)
½ tsp. Turmeric	½ tsp. Salt (adjust to taste)

## Preparation

1. Finely chop the carrots, cauliflower, green beans, onion, ginger, and garlic.
2. Heat oil in a pan on medium heat. Add onion, tomato, ginger and garlic. Sauté until golden brown.
3. Add salt, turmeric powder, and the rest of the spices and stir.
4. Add the chopped vegetables and edamame pods. Sauté until aroma of the spices is in the air. Cover and simmer until vegetables become tender. Turn off the heat and add chopped cilantro leaves. Let sit for 3-4 minutes and then serve.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 4
Calories	85	Calories from Fat		40
Total Fat	5 g	Total Carbohydrate		9 g
Saturated Fat	0.6 g	Dietary Fiber		3 g
Polyunsaturated Fat	0.9 g	Sugar		3 g
Monounsaturated Fat	2.8 g	Total Protein		3 g
Cholesterol	0 mg	Sodium		314 mg

PREP TIME: 15 MIN.

COOK TIME: 10 MIN.

# Barwan Tava Okra

Category: Entrée

Region of Origin: Northern India



## Ingredients

4 cups Okra, cut in half	¼ tsp. Salt
¼ tsp. Turmeric	½ tsp. Red Chili Powder
2 Tbsp. Coriander Powder, roasted	¼ cup Water
2 tsp. Tava Masala	1 Tbsp. Coriander, chopped
½ tsp. Fenugreek (Methi) Seeds, roasted	½ tsp. Cumin Powder
1 tsp. Sesame Seeds	

## Preparation

1. Wash and cut both ends of the okra. Cut it into half (if using small okra pieces, no need to cut in half). Slit okra piece half way down the center of okra towards one end (forming a taco-like shell).
2. Mix turmeric, roasted coriander powder, tava masala, roasted fenugreek seeds, sesame seeds, salt, red chili powder and cumin powder together; use 1/8 cup water to bind the spices.
3. Carefully fill all the okra with the spice filling.
4. In a pre-heated covered skillet, arrange filled okra pieces in the pan. Carefully add in the 1/8 cup of water to the pan. Place lid on the skillet and adjust heat to lowest setting. Allow to cook for 12-13 minutes.
5. Uncover the skillet to turn the okra pieces. Add an additional 1 Tbsp. of water to the pan and cover (to keep okra moist). Cook for an additional 12-13 minutes, until tender.
6. Garnish with cilantro and serve.

## Helpful Hints

- For flavor, consider adding 1 tsp. freshly squeezed lemon juice on cooked dish.
- Consider adding Amchur (dry mango powder to tava masala spice) for a variation in flavor.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 8	
Calories	35	Calories from Fat		5	
Total Fat	1 g	Total Carbohydrate		7 g	
Saturated Fat	0 g	Dietary Fiber		4 g	
Polyunsaturated Fat	0.1g	Sugar		1 g	
Monounsaturated Fat	0.1 g	Total Protein		2 g	
Cholesterol	0 mg	Sodium		82 mg	

PREP TIME: 30 MIN.

COOK TIME: 30 MIN.

# Tomato Peanut Chutney

Category: Appetizer

Region of Origin: India



## Ingredients

¼ tsp. Olive Oil	⅓ cup Peanuts, dry roasted, unsalted
½ tsp. Mustard Seeds	2 medium Tomatoes
1 Red Chili or (1 tsp. crushed red chili)	½" cube fresh Ginger
¼ tsp. Salt	

## Preparation

1. Heat oil in a pan. Add mustard seeds and red chili/crushed red chili. Allow the mustard seeds to splatter.
2. Add rest of the ingredients. Cook for 2-3 minutes.
3. Let it cool. Grind into paste.

## Helpful Hints

- If chutney is still thick, thin it with 1 Tbsp. of water.
- For added spice, increase the red chili to 1 Tbsp.

NUTRITION FACTS		SERVING SIZE: 1 Tbsp.	SERVINGS: 16
Calories	22	Calories from Fat	14
Total Fat	2 g	Total Carbohydrate	2 g
Saturated Fat	0.2 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.3 g	Sugar	1 g
Monounsaturated Fat	1 g	Total Protein	1 g
Cholesterol	0 mg	Sodium	38 mg

PREP TIME: 15 MIN.

COOK TIME: 0 MIN.

# Raita

Category: Side Dish

Region of Origin: Northern India



## Ingredients

½ cup Cucumber, diced	1 ¼ cups Yogurt, plain low fat
½ cup Tomato, chopped	½ tsp. Ground Cumin
1 finely Green Chili, chopped	¼ tsp. Salt
1 Tbsp. Coriander, chopped	

## Preparation

1. Chop cucumber and green chili. Place on a paper towel and pat dry.
2. Chop tomatoes and set aside.
3. Mix yogurt and cumin together until a smooth consistency is reached.
4. Mix cucumber, green chili, tomato, coriander and yogurt mixture together. Cover and chill.
5. Just before serving, add ¼ tsp. of salt. Mix well.

## Helpful Hints

- For intense flavor, increase ground cumin to 1 tsp.

NUTRITION FACTS		SERVING SIZE: ¼ cup	SERVINGS: 4
Calories	60	Calories from Fat	12
Total Fat	1 g	Total Carbohydrate	8g
Saturated Fat	0.8 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.1 g	Sugar	7 g
Monounsaturated Fat	0.4 g	Total Protein	5 g
Cholesterol	5 mg	Sodium	202 mg

PREP TIME: 15 MIN.

COOK TIME: 0 MIN.





# Soups



# Carrot Ginger Soups

Category: Appetizer

Region of Origin: Adapted



## Ingredients

2 cups Carrots, chopped	½ inch Ginger, grated
1 ½ cups Apple, chopped	½ tsp. Cumin powder
¾ cup Tomatoes	4 cups Water
½ Avocado	½ tsp. salt

## Preparation

1. Peel carrots and cut into quarters. Remove the core of the apple and cut into quarters; cut tomatoes into quarters. Cook the carrots, apple and tomato quarters in 1½ cups of water for 8-10 minutes. Set aside.
2. Heat rest of the 2 ½ cups of water, add cumin powder, grated ginger, and bring it to a boil.
3. Meanwhile, blend the cooked carrots, apple and tomato with ½ an avocado.
4. Add this to the boiling water, bring to a boil, reduce heat simmer for 5 minutes.
5. Add salt. Serve hot.

## Helpful Hints

- Suggested Garnish: Grated carrots, cilantro leaves or parsley.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 6
Calories	66	Calories from Fat	23	
Total Fat	3 g	Total Carbohydrate	11 g	
Saturated Fat	0 g	Dietary Fiber	3 g	
Polyunsaturated Fat	0.4 g	Sugar	6 g	
Monounsaturated Fat	1.7 g	Total Protein	1g	
Cholesterol	2 mg	Sodium	233 mg	

PREP TIME: 5 MIN.

COOK TIME: 15 MIN.

# Lentil Soup

Category: Appetizer/Entrée

Region of Origin: India



## Ingredients

2 cups Lentils, cooked	1 tsp. Olive Oil
1 Onion, medium	1 tbsp. Ginger
1 tsp. Cumin Seeds	2 cups Cilantro, chopped
1 cup Water	½ tsp. Salt

## Preparation

1. Heat oil and add cumin seeds and ginger. Sauté for a minute.
2. Add onion and cilantro and sauté for 8-10 minutes. (It is critical for the cilantro and onions to be very well cooked. Keep a timer for 10 minutes)
3. Remove from pan and make a smooth puree in the blender along with the cooked lentil. Return to pan, add water and bring it to a boil. Add water as needed until desired consistency is reached.

## Helpful Hints

- This soup can be served in three textures.
  - » To make an elegant soup, you need to puree the lentils.
  - » To serve it as a rustic soup, you can keep some of the lentils whole.
  - » Another simple variation is to puree half the lentils and mix the remaining whole lentils before serving.
- Consider serving with a side of vegetables.

NUTRITION FACTS		SERVING SIZE: ½ cup	SERVINGS: 6
Calories	92	Calories from Fat	10
Total Fat	1 g	Total Carbohydrate	15 g
Saturated Fat	0.2 g	Dietary Fiber	6 g
Polyunsaturated Fat	0.2 g	Sugar	2 g
Monounsaturated Fat	0.7 g	Total Protein	6 g
Cholesterol	0 mg	Sodium	356 mg
PREP TIME: 5 MIN.		COOK TIME: 25 MIN.	

# Superveggie Soup

Category: Appetizer

Region of Origin: Adapted



## Ingredients

1 Onion, chopped	1 Carrot, chopped
1 Tomato, chopped	1 Celery Stick, chopped
¼ cup Broccoli Flowerets, chopped	2 cups Water
2 tsp. Whole Wheat Flour	2 Garlic Cloves, chopped
¼ tsp. Fresh Ground Black Pepper	1 cup Milk, non-fat
½ tsp. Salt	1 tsp. Olive Oil
2 Tbsp. Fresh Basil Leaves, chopped	

## Preparation

1. In a large pot place chopped onion, carrot, tomato, celery, broccoli and 2 cups water. Bring it to a boil and simmer for 10 minutes. Keep aside to cool.
2. In a small pan on medium heat, add 1 tsp. olive oil and add chopped garlic. Sauté for a minute. Add flour and roast for 3-4 minutes on low heat. Add milk slowly and stir well. Cook on medium heat until cream becomes a thicker consistency.
3. Pour the milk mixture and the vegetable mixture into a blender and blend into a smooth puree.
4. Pour the soup back into the pot with freshly ground black pepper, salt and basil leaves. Boil for 3-4 minutes.
5. Serve piping hot with a garnish of shredded carrots and fresh basil leaves.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 4
Calories	111	Calories from Fat	14	
Total Fat	2 g	Total Carbohydrate	20 g	
Saturated Fat	0.3 g	Dietary Fiber	2 g	
Polyunsaturated Fat	0.3 g	Sugar	6 g	
Monounsaturated Fat	0.9g	Total Protein	5 g	
Cholesterol	1 mg	Sodium	350 mg	

PREP TIME: 5 MIN.

COOK TIME: 15-20MIN.

# Tomato Soup

Category: Appetizer/Entrée

Region of Origin: India



## Ingredients

4 cup Tomatoes, diced	½ tsp. Olive oil
1½ tsp. Fresh Ginger, grated	Pinch of Asafoetida
1 Green chili, chopped	½ cup Carrots, diced
1 tsp. Cumin Powder	1 Bay Leaf, crumbled
1 tsp. Salt	¼ cup Cilantro, chopped
2 tsp. Tomato Paste	1 tsp. Ground Cloves
3 ½ cups Water (separate portions)	

## Preparation

1. Put the tomatoes, carrots, chili, and ginger in a stock pot with one cup of water. Bring it to a boil, reduce the heat and cook for 4 minutes. Let it cool.
2. Once cooled, puree the boiled ingredients in blender, until smooth. Keep aside.
3. Heat oil in a pan. Add a bay leaf, cumin powder, ground cloves and asafoetida. Next, add the tomato paste and give it a quick stir. Add the cilantro and cook on medium heat.
4. Add the tomato puree, salt, and 2 ½ cups of water into a pan. Bring it to a boil and cook for 5 min. on medium heat.
5. Serve hot.

## Helpful Hints

- For added spice, add ½ tsp. black pepper.
- Serve with Khichdi, Almond Quinoa Pilaf or Mixed Vegetables.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 4
Calories	52	Calories from Fat		10
Total Fat	1 g	Total Carbohydrate		10g
Saturated Fat	0 g	Dietary Fiber		3 g
Polyunsaturated Fat	0.3g	Sugar		6 g
Monounsaturated Fat	0.5 g	Total Protein		2 g
Cholesterol	0 mg	Sodium		614 mg

PREP TIME: 10 MIN.

COOK TIME: 25 MIN.

# Spicy Cauliflower Soup

Category: Appetizer/Entrée

Region of Origin: Southern India



## Ingredients

2 tsp. Olive Oil	$\frac{1}{3}$ cup Split Moong Daal, raw
3 cloves Garlic, chopped	$\frac{1}{4}$ tsp. Cumin Powder
1 Bay Leaf	$\frac{1}{2}$ tsp. Salt
1 inch Cinnamon Stick	$\frac{1}{4}$ tsp. Ginger, grated
$\frac{1}{2}$ -1 Green Chili, chopped	2 tsp. Coriander Leaves, chopped
$\frac{1}{2}$ 5- inch Sweet Potato	4 cups Hot Water
3 cups Cauliflower, chopped	1 Onion, chopped
$\frac{1}{4}$ tsp. Tumeric Powder	

## Preparation

1. Soak the split moong daal in 2 cups of water for 4-6 hours. Drain and set aside.
2. Heat a heavy bottom pan, add olive oil to it.
3. Add chopped garlic and sauté until slightly brown.
4. Add onion, bay leaf, cinnamon and green chili. Sauté for 5-6 minutes until onions are translucent.
5. Add the sweet potato and cauliflower. Sauté for 3-4 minutes.
6. Add split moong daal, ginger and coriander leaves. Sauté for 2 minutes.
7. Add 4 cups of hot water to the pan and bring it to a boil. Once it boils, reduce the heat and allow it to simmer for 20 minutes, until daal is tender.
8. Add salt, tumeric and cumin powder.
9. Remove the cinnamon stick and bay leaf from the pan. Using a hand blender, puree the soup into a granular consistency.

## Helpful Hints

- To make a more hearty soup, add in  $\frac{1}{2}$  packet of firm tofu (pureed/cut into cubes) or 1 cup cooked/pureed beans at step 4 (consider this as an entrée dish if either of these items are added).

NUTRITION FACTS		SERVING SIZE: 1 cup	SERVINGS: 6
Calories	77	Calories from Fat	17
Total Fat	2g	Total Carbohydrate	13 g
Saturated Fat	0.3g	Dietary Fiber	3 g
Polyunsaturated Fat	0.2 g	Sugar	3 g
Monounsaturated Fat	1.1 g	Total Protein	3 g
Cholesterol	0 mg	Sodium	238 mg

PREP TIME: 15 MIN.

COOK TIME: 45 MIN.





# Main Dishes



# Baked Falafel

Category: Appetizer/Entrée

Region of Origin: Greece



## Ingredients

1 cup Dry Chickpeas	2 Tbsp. Whole Wheat Flour
1 cup Dry Green Split Peas	1 tsp. Salt
2 Garlic Cloves, chopped	¼ cup Parsley, chopped
1 Small Onion, chopped	2 Tbsp. Olive Oil
1 tsp Ground Coriander Powder	½ tsp. Black Pepper
½ tsp Baking Powder	1 tsp. Ground Cumin Powder
1 tsp Ground Cumin Powder	Juice of 1 Fresh Lemon
1/8-1/4 cup Water, as needed	

## Preparation

1. Wash and soak dry chickpeas and dry green split peas overnight.
2. Preheat oven to 350 F°.
3. Drizzle olive oil in shallow baking dish and place in oven.
4. While oven and pan are preheating, grind chickpeas and green split peas in a food processor with 1/8 cup of water (may need to grind in separate batches). Stir in chopped onions and garlic.
5. Add remaining ingredients to make thick paste like consistency.
6. Make 24 one-inch round balls and place in preheated baking dish. Bake for 30 minutes turning halfway through cooking. Baked falafel is ready to serve.

## Helpful Hints

- Serve Baked Falafel balls with hummus or chutney.

NUTRITION FACTS		SERVING SIZE: 3 balls		SERVINGS: 8
Calories	222	Calories from Fat	45	
Total Fat	6 g	Total Carbohydrate	33 g	
Saturated Fat	0.6 g	Dietary Fiber	12 g	
Polyunsaturated Fat	1.2 g	Sugar	6 g	
Monounsaturated Fat	3 g	Total Protein	12 g	
Cholesterol	0 mg	Sodium	303 mg	
PREP TIME: 45 MIN.		COOK TIME: 30 MIN.		

# Dahi Wada

Category: Appetizer/Entrée

Region of Origin: South, North, and West India



## Ingredients - Salad

½ inch Ginger  
4 cups Water  
1 tsp. Salt  
2 Green Chilies  
2-3 Sprigs Curry Leaves

1 cup Washed Split Black Gram Beans (Urad Daal)  
2 ½ tsp. Olive Oil (used in increments)  
½ tsp. Coconut, grated  
⅛ cup Cilantro Leaves, chopped

## Ingredients - Dressing

½ cup Nonfat Yogurt, plain  
⅛ cup Water  
½ tsp. Red Chili Powder

½ tsp. Roasted Cumin Seed Powder  
3 Tbsp. Tamarind Chutney (Optional)

## Preparation

1. Soak the beans in 4 cups of water for at least four hours. Drain the water and blend the soaked beans in a blender. Use just enough water as needed to blend until very fine. It is important NOT to make the batter watery or else the wadas will not be fluffy. Whip the bean batter using a spoon in a circular motion for about two to three minutes.
2. If the batter does not come up, whip the batter until airy. Add the following ingredients to the batter: salt, ginger, curry leaves, cilantro leaves and coconut.
3. In a non-stick pan, add ⅛ tsp. of olive oil (use ⅛ tsp. olive oil each time new batch of batter is poured into the pan) and allow to heat slightly. Place about a 3 inch diameter of wada batter in the heated pan. Note: May be able to pour several wadas at one time depending on pan diameter. When wada batter begins to bubble, turn with flat spatula to cook other side.
4. Arrange the cooked wadas on a serving platter.
5. In a separate bowl, whisk the yogurt with sugar and water to thin it down until it is a pourable consistency. Pour this over the wadas. Just before serving, sprinkle roasted cumin seed powder, red chili powder and finish it off with a drizzle of tamarind chutney and chopped cilantro.

NUTRITION FACTS		SERVING SIZE: 3" wada		SERVINGS: 20
Calories	53	Calories from Fat		9
Total Fat	1 g	Total Carbohydrate		8 g
Saturated Fat	0 g	Dietary Fiber		0 g
Polyunsaturated Fat	0.1 g	Sugar		1 g
Monounsaturated Fat	0.5 g	Total Protein		3 g
Cholesterol	1 mg	Sodium		128 mg

PREP TIME: 5 ½ HR.

COOK TIME: 5 MIN. per wada

# Mung Daal Khichdi

Category: Entrée

Region of Origin: Northern India



## Ingredients

½ cup Yellow Mung Daal	½ cup Brown Rice
2 cups Water	½ tsp. Turmeric Powder
2 Bay Leaves	1" stick of Cinnamon
½ tsp. Salt to taste	6 Cardamom, whole
½ tsp. Black Pepper, whole	6 Cloves, whole
¼ tsp. Asafoetida (Hing powder)	1 ½ tsp. Olive Oil

## Preparation

1. Wash and soak the split yellow mung daal and brown rice together for 15 minutes.
2. Drain. Heat 2 cups of water in a pot till very hot. Keep aside.
3. Heat the oil in the skillet. Add the whole spices: cinnamon, cardamom, cloves, bay leaves, black pepper, asafoetida and turmeric powder. Stir fry on medium/low heat for 2 minutes.
4. Add the split yellow mung daal, rice and salt to spices. Mix well. Add hot water to this, and bring it to a boil. Cover and keep on low heat for 25 minutes or till the mixture is slightly mushy.
5. Note - Khichdi is traditionally cooked in a pressure cooker, which is much faster. If you happen to have one, in the last step after adding all the ingredients, cover and bring to maximum pressure on high heat. Pressure cook on high heat for 4 whistles. Put off the flame and set aside till all the steam escape.

## Helpful Hints

- This dish can be accompanied by Gram Flour Gravy (Kadhi).

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 6	
Calories	71	Calories from Fat	23		
Total Fat	3 g	Total Carbohydrate	11 g		
Saturated Fat	0 g	Dietary Fiber	2 g		
Polyunsaturated Fat	0.3 g	Sugar	0 g		
Monounsaturated Fat	0.9 g	Total Protein	2 g		
Cholesterol	0 mg	Sodium	201 mg		

PREP TIME: 5 MIN.

COOK TIME: 25 MIN.

# Methi Paratha

Category: Entrée

Region of Origin: Northern India



## Ingredients

$\frac{3}{4}$ cup Whole Wheat Flour	$\frac{1}{4}$ cup Gram Flour
$\frac{1}{4}$ cup Fenugreek (Methi) leaves, washed and chopped	$\frac{1}{2}$ tsp. Cumin Seeds
$\frac{1}{2}$ tsp. Turmeric Powder	1 tsp. Garlic, crushed
$\frac{1}{2}$ tsp. Salt	$\frac{1}{2}$ cup Yogurt, non-fat
Water-up to $\frac{1}{4}$ cup (or more as needed)	1 tsp. Ginger, crushed
$\frac{1}{8}$ tsp. Olive Oil (to drizzle on each paratha for cooking)	

## Preparation

1. In a bowl, mix all of the above ingredients together, except the olive oil (reserve for cooking) and water. Mix until it forms to soft dough. Add small amounts of water as needed for proper consistency of dough.
2. Knead the dough for a few minutes on a lightly floured surface so the dough does not stick to your hands. The dough should be very smooth and soft. Set the dough aside and cover. Let the dough rest for at least ten minutes before you start rolling the parathas.
3. Next divide the dough into 5 equal parts. Roll the dough into 2-inch diameter balls.
4. Heat the non-stick skillet on medium high heat. Take one ball and roll in dry whole wheat flour-add flour as needed if dough is sticking to rolling pin. Flatten the dough, using a rolling pin, into about a 7-inch diameter.
5. Now put the paratha over the skillet. You will see the color change and the paratha will puff in different places. Turn the paratha over. The paratha should have golden-brown spots. Wait a few seconds and put  $\frac{1}{8}$  teaspoon of olive oil and spread with a basting brush. Flip the paratha and lightly press the puffed areas of the paratha with a spatula. Take basting brush (no added olive oil) and run over the top of the paratha. Flip again and press with the spatula making sure the paratha is golden-brown on both sides.

## Helpful Hints

- Parathas can be served with plain yogurt, potatoes with gravy, and Indian pickles.
- For added spice, consider adding in  $\frac{1}{4}$  tsp. red chili powder or  $\frac{1}{2}$  green chili, fresh.

NUTRITION FACTS		SERVING SIZE: 1 paratha		SERVINGS: 5
Calories	104	Calories from Fat		11
Total Fat	1 g	Total Carbohydrate		18 g
Saturated Fat	0 g	Dietary Fiber		3 g
Polyunsaturated Fat	0.4 g	Sugar		2 g
Monounsaturated Fat	0.6 g	Total Protein		5 g
Cholesterol	0 mg	Sodium		256 mg
PREP TIME: 45 MIN.		COOK TIME: 30 MIN.		

# Mung Daal

Category: Entrée

Region of Origin: Northern India



## Ingredients

½ cup Green Mung Beans (whole)	1 Tomato, large
2 cups Spinach, washed and chopped	1½ tsp. Olive Oil
¼ tsp. Cumin Seeds	2 Cloves
2 Garlic Cloves, Minced	1 inch Ginger, minced
1 Green Chili, Minced	¼ tsp. Turmeric
1 Tbsp. Cilantro Leaves	1 tsp. Salt
1 cup Water	

## Preparation

1. Wash and add green Mung beans and add 2 cups of water to a pressure cooker. Cook for 2 whistles. Another alternative is to cook Mung beans in water in a thick bottom pan for 20 minutes, covered.
2. Heat olive oil in a big pot and add cumin seeds, cloves, ginger, garlic, green chili, and turmeric. Sauté for 2-3 minutes.
3. Throw in the chopped spinach, tomatoes and cooked green Mung beans with one cup of water.
4. Add salt and cook for 6-8 minutes on medium heat.
5. Remove from heat. Add cilantro before serving.

NUTRITION FACTS		SERVING SIZE: ½ cup	SERVINGS: 10
Calories	50	Calories from Fat	8
Total Fat	1 g	Total Carbohydrate	8 g
Saturated Fat	0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.1 g	Sugar	1 g
Monounsaturated Fat	0.5 g	Total Protein	3 g
Cholesterol	0 mg	Sodium	241 mg

**PREP TIME: 10 MIN.**      **COOK TIME: 40 MIN.**

# Rajma (Kidney Bean Curry)

Category: Entrée

Region of Origin: Northern India



## Ingredients

1 cup Kidney Beans, raw	1 Medium Onion, chopped
1 Tomato, chopped	1 Green Chili
4-5 Garlic Cloves	1 inch Ginger
½ tsp. Red Chili Powder	½ tsp. Turmeric Powder
1 tsp. Coriander Powder	1 tsp. Garam Masala Powder
½ tsp. Cumin Seeds	2 ½ cups Water
2 Tbsp. Olive Oil	Coriander Leaves for garnishing
½ tsp. Salt	

## Preparation

1. Wash and soak the kidney beans in six cups of water for at least 6 hours (kidney beans will be double in volume after soaking).
2. Chop the tomato and onion. Slice the green chilies lengthwise and take out the seeds (if you prefer mild). Next blend tomatoes, green chili, onion, ginger, and garlic to make a paste.
3. Heat the oil in pressure cooker. Test the heat by adding one cumin seed. If the seed cracks right away, the oil is ready. Add cumin seeds, as the cumin seeds crack add tomato paste, coriander, turmeric, chili powder, Garam masala powder.
4. Stir-fry for 2 to 3 minutes until the oil is separated from the mixture.
5. Add kidney beans, salt, 2 ½ cups of water then close the cooker. Cook on medium high heat.
6. As pressure cooker starts steaming, lower heat to medium and cook for about 12 minutes.
7. Turn off the stove and wait until steam has stopped before opening the pressure cooker.
8. Kidney beans should be soft and tender. Lightly mash the kidney beans while mixing. Adjust salt, and pepper to your taste.
9. Garnish with chopped tomatoes and chopped cilantro.

## Helpful Hints

- For added heat/spice, add red chili powder by ½ tsp. increments, to taste.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 4
Calories	250	Calories from Fat		67
Total Fat	7 g	Total Carbohydrate		36 g
Saturated Fat	1 g	Dietary Fiber		13 g
Polyunsaturated Fat	1 g	Sugar		4 g
Monounsaturated Fat	5 g	Total Protein		12 g
Cholesterol	0 mg	Sodium		317 mg

PREP TIME: 10 MIN.      COOK TIME: 40 MIN.

# Rasam

Category: Entrée

Region of Origin: Southern India



## Ingredients

5 Ripe Tomatoes, medium	2 tsp. Olive Oil
¼ tsp. Mustard Seeds	¼ tsp. Cumin Seeds
¼ tsp. Black Pepper, whole	5-6 Curry Leaves
¼ tsp. Asafoetida (Hing)	1 Tbsp. Rasam Powder
1 tsp. Tomato Paste	5 cups Water
1 tsp. Tamarind Paste	1 tsp. Cilantro Leaves for garnish
½ tsp. Salt (to taste)	

## Preparation

1. Boil tomatoes with 1 cup of water for 5 minutes. Let it cool for 10 minutes and then make a smooth puree in a blender. Keep aside.
2. In a large pot on high heat, add oil. Add mustard and cumin seeds. Sizzle for a minute.
3. Add curry leaves and asafoetida.
4. Reduce heat to medium; add Rasam powder, tamarind paste and tomato paste. Stir for 2 minutes. Add 5 cups of water, tomato puree and salt.
5. Slightly crush the whole black pepper with a rolling pin or mortar and pestle. Add the freshly ground pepper to the pot.
6. Bring it to a boil for about 10 minutes and lower heat for 5-7 minutes. Serve piping hot with a garnish of cilantro.

## Helpful Hints

- Divide oil, heat a pan add ½ tsp. olive oil, add mint and let it crisp. Cool.
- Then, add it to the salad. Add rest of the ½ tsp. oil.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 6	
Calories	41	Calories from Fat		16	
Total Fat	3 g	Total Carbohydrate		5 g	
Saturated Fat	0 g	Dietary Fiber		1 g	
Polyunsaturated Fat	0 .3g	Sugar		3 g	
Monounsaturated Fat	1.2 g	Total Protein		1 g	
Cholesterol	0 mg	Sodium		239 mg	

PREP TIME: 5 MIN.

COOK TIME: 45 MIN.

# Rava Upma

Category: Entrée

Region of Origin: Southern India



## Ingredients

1 cup Semolina (Rava)	1 Red Chili
1 tsp. Olive Oil	½ tsp. Salt
1 tbsp. Chick Peas (Chana Daal)	1 Onion, chopped
3-4 Curry Leaves	1 Carrot, grated
1 tsp. Mustard Seeds	3 cups hot water
1 Tbsp. Black Gram Beans (Urad Daal)	⅛ tsp. Black Pepper

## Preparation

1. Roast semolina (rava) in a non-stick pan for 4-5 minutes on medium-high heat; then set aside.
2. In the non-stick pan, now add 1 tsp. olive oil, chick peas (chana daal), black gram beans (urad daal), curry leaves, mustard seeds, and red chili; cover the pan until contents are golden brown.
3. Add onions, carrots, and ½ tsp. salt. Stir, cover, and let it cook on low heat. Stir again. Let it cook for 2 minutes.
4. Add water to the above and bring to a boil. Add black pepper.
5. Gradually add semolina (rava) and stir quickly to dissolve lumps. Cover and turn heat to low. Let it cook for 3 minutes.
6. Stir. Upma will be soft. Turn off the heat. Let stand for 2 minutes.
7. Upma is ready to serve. Serve with low fat buttermilk.

## Helpful Hints

- Very popular snack item, served garnished with cilantro and nonfat buttermilk. Rava is also known as cream of wheat. Use the coarse ground variety.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 6
Calories	146	Calories from Fat		13
Total Fat	2 g	Total Carbohydrate		28 g
Saturated Fat	0.2 g	Dietary Fiber		2 g
Polyunsaturated Fat	0.4 g	Sugar		2 g
Monounsaturated Fat	0.7 g	Total Protein		5 g
Cholesterol	0 mg	Sodium		323 mg

PREP TIME: 5 MIN. COOK TIME: 20 MIN.

# Sprouted Moong Salad

Category: Appetizer/Salad/Entrée

Region of Origin: India



## Ingredients

1 cup Mung Sprouts	½ cup Tomatoes, chopped
¾ cup Cabbage, shredded	½ cup Zucchini, shredded
½ cup Carrots, shredded	½ tsp. Red Curry Powder
2 tsp. Lemon Juice, to taste	¼ tsp. Cumino Powder
½ tsp. Lemon Zest	¼ tsp. Corriander Powder
¼ cup Red Onion, chopped	½ tsp. Black Pepper
½ cup Cucumbers, sliced	½ tsp. Salt

## Preparation

1. Mix sprouts, cabbage, carrots, red onion, cucumbers, tomatoes and zucchini.
2. Add lemon juice and lemon zest. Add all the spices and toss well.

## Helpful Hints

- Serve as a side or a topping to any green salad.

NUTRITION FACTS		SERVING SIZE: 1 cup	SERVINGS: 3
Calories	44	Calories from Fat	3
Total Fat	0 g	Total Carbohydrate	10 g
Saturated Fat	0 g	Dietary Fiber	3 g
Polyunsaturated Fat	0.1 g	Sugar	4 g
Monounsaturated Fat	0 g	Total Protein	3 g
Cholesterol	0 mg	Sodium	115 mg

PREP TIME: 15 MIN.

COOK TIME: 0 MIN.

# Stir Fry Tofu

Category: Entrée

Region of Origin: Adapted



## Ingredients

12 oz. Tofu, extra firm	2 Tomatoes, medium
1 tsp. Olive oil	18 pods of Okra
2 Carrots	2 tsp. Garam Masala
2 tsp. Ginger, freshly grated	1 tsp. Almonds, sliced for garnish
½ tsp. Salt	

## Preparation

1. Slice tofu horizontally into thirds and drain in paper towels for 15-20 minutes.
2. Meanwhile, peel and dice carrots. Dice tomatoes. Slice okra, discarding both ends.
3. Dice tofu. Heat ½ tsp. oil in a skillet and add tofu. Cook on medium heat until golden brown. Set aside and cover.
4. Heat ½ tsp. oil in a nonstick skillet. Add ginger and carrots. Lower heat, cover, and cook for 1 minute.
5. Add okra, garam masala and salt. Stir and cook covered for 1 minute. Add tomatoes cook uncovered for 3 minutes until okra is soft. Stir in between.
6. Return tofu to skillet. Stir well to coat tofu with the masala.
7. Cover. Cook for 2 minutes. Garnish with sliced almonds and cilantro. Serve warm.

## Helpful Hints

- Freeze Tofu, thaw and use as above. This gives tofu a firm texture.
- Add ½ tsp. garlic powder and ½ tsp. black pepper to cooked tofu in step 3 (marinate) and replace with tofu in step 6.

NUTRITION FACTS	SERVING SIZE: ½ cup	SERVINGS: 6
Calories	76	Calories from Fat
Total Fat	3 g	Total Carbohydrate
Saturated Fat	0 g	Dietary Fiber
Polyunsaturated Fat	0.9 g	Sugar
Monounsaturated Fat	1.3 g	Total Protein
Cholesterol	0 mg	Sodium

PREP TIME: 15-20 MIN.

COOK TIME: 10 MIN.

# Tamarat Chicken

Category: Entrée

Region of Origin: India



## Ingredients

4 oz. Skinless Chicken Breast, cubed	½ cup Yogurt, non-fat
2 Small Tomato, chopped	1 tsp. Olive Oil
2 Small Green Chilies	1 tsp. Ginger and Garlic paste
1 Onion, medium size, chopped	1 ¼ inch Cinnamon Stick
2 Cloves	6 Cashews
1 Cardamom Pod	½ tsp. Cumin Seeds
½ tsp. Cilantro Leaves, chopped	½ tsp. Mint Leaves, chopped
½ tsp. Salt	½ cup Water

## Preparation

1. Marinate chicken with yogurt. Keep aside for 10 minutes.
2. Bake chicken in oven at 350F for 10-12 minutes until chicken is no longer pink. Keep aside.
3. In a blender, puree tomato, onion, ginger and garlic paste, cloves, cardamom pod, cumin seeds, chilies and cashew to a smooth puree.
4. Heat oil in a thick bottom pan, add the puree from the blender and the cinnamon stick. Cook on medium heat for 10 minutes.
5. Add water, cilantro, mint, and salt and cook for 5 more minutes.
6. Pour the cooked sauce on the chicken cubes and add mint and cilantro leaves. Cook uncovered for 5 minutes. Serve piping hot with more mint/cilantro leaves as desired.

## Recipe: Ginger + Garlic Paste

- Combine 8 tbsp. chopped garlic with tablespoons chopped ginger root and ½ tsp. of olive oil in food processor and blend until smooth paste is formed.

NUTRITION FACTS		SERVING SIZE: 1 cup		SERVINGS: 2
Calories	251	Calories from Fat	68	
Total Fat	8 g	Total Carbohydrate	27 g	
Saturated Fat	1 g	Dietary Fiber	6 g	
Polyunsaturated Fat	1.3 g	Sugar	13 g	
Monounsaturated Fat	4.1 g	Total Protein	21 g	
Cholesterol	34 mg	Sodium	114 mg	

PREP TIME: 20-30 MIN.

COOK TIME: 35-40 MIN.

# Minty Tofu Kabob

Category: Entrée

Region of Origin: Northern India



## Ingredients

½ cup Mint Leaves	3-4 Green Chilies
¼ cup Sesame seeds	¼ cup Peanuts
¼ cup Yogurt, non-fat plain	1 tsp. Salt
½ tsp. Sugar	2-3 Red Bell Pepper (chopped in 1 in. pieces)
24 White Pearl Onion	24 Cherry Tomatoes
1 packet Frozen Firm Tofu (thawed)	

## Preparation

1. In a blender, add mint, chilies, sesame seeds, peanuts, yogurt, salt and sugar. Blend into a puree and set aside.
2. Thaw the frozen tofu and squeeze out as much water as possible. Chop into 24 one-inch cubes. Place the cubes in a big bowl and add the puree mixture. Marinate for at least 4 hours. (For more intense flavor, marinate overnight.)
3. With a non-stick pan, adjust the heat to medium. Add the marinated tofu cubes in a single layer. With a spatula, apply pressure on each cube and squeeze out the moisture. Let it cook on each side till golden brown.
4. While the marinated tofu is being brown, add the cherry tomatoes and toss in the remaining marinade. Remove the cherry tomatoes and set aside. Toss the white pearl onions in the marinade and set aside.
5. Remove from the cooked marinated tofu cubes from the heat.
6. Add the white pearl onions to the non-stick pan and heat for 3-5 minutes, or until slightly grilled. Remove the onions from the heat.
7. Prepare to assemble the skewers. On 6-inch wooden skewers, add the following in order: 1 red bell pepper slice, 1 cooked tofu cube, 1 white pearl onion, 1 cherry tomato, 1 cooked tofu cube, 1 red bell pepper slice.

NUTRITION FACTS		SERVING SIZE: 1 paratha		SERVINGS: 5
Calories	104	Calories from Fat		11
Total Fat	1 g	Total Carbohydrate		18 g
Saturated Fat	0 g	Dietary Fiber		3 g
Polyunsaturated Fat	0.4 g	Sugar		2 g
Monounsaturated Fat	0.6 g	Total Protein		5 g
Cholesterol	0 mg	Sodium		256 mg
PREP TIME: 45 MIN.		COOK TIME: 30 MIN.		

# Veggie Uttapam

Category: Entrée

Region of Origin: Southern India



## Ingredients

1 Onion, medium sized, diced	2 Green Bell Pepper, diced
2 Red Bell Pepper, diced	2 Tbsp. Cilantro, chopped
1 inch Ginger Knob, peeled, minced	2 Green Chilies, minced(optional)
1 Carrot, large, grated	1 tsp. Olive Oil
4 cups Uttapam batter (See recipe below)	

## Preparation

1. In a bowl add chopped onions, bell pepper (green and red), cilantro, ginger, grated carrot and chili. Mix it well and set aside.
2. Heat a large frying pan with medium heat. Spray the pan with fat free cooking oil. Pour 3/4 cup batter on the pan and spread it to make a 7 inch round circle.
3. Immediately spread mix of vegetables on the batter. Cook on medium heat for 2-3 minutes.
4. Drizzle  $\frac{1}{8}$  tsp. oil on veggies and flip the uttapam with care. Cook on medium heat for 3-4 minutes.
5. Remove from heat and place the uttapam with veggie side up on a plate.
6. Repeat same procedure for the rest of the batter.

## Helpful Hints

3 cups Brown Rice	1 cup whole Black Gram (Urad Daal)
2 tsp. Fenugreek (Methi) Seeds	1 tsp. Salt Water for soaking

- Completely submerge rice in water for 6 hours.
- Completely submerge dal and fenugreek in separate bowl for 6 hours.
- Grind daal and seed until smooth and fluffy, adding enough water to make a smooth paste.
- Combine paste with soaked rice, add salt to taste and set aside for another 12 hours for batter to ferment. Yields 20 dosas/uttapam. Add salt and refrigerate.

NUTRITION FACTS		SERVING SIZE: 1 uttapam		SERVINGS: 20
Calories	132	Calories from Fat	10	
Total Fat	1 g	Total Carbohydrate	27 g	
Saturated Fat	0.2 g	Dietary Fiber	2 g	
Polyunsaturated Fat	0.3 g	Sugar	2 g	
Monounsaturated Fat	0.5 g	Total Protein	4 g	
Cholesterol	0 mg	Sodium	242 mg	

PREP TIME: 5 MIN.

COOK TIME: 5 MIN. per uttapam

# Vegetable Tofu Cutlet

Category: Appetizer/Entrée

Region of Origin: India



## Ingredients

1 Large Sweet Potato, peeled and chopped	1 cup Cauliflower florets
1 Small Beet, peeled and chopped	½ cup Peas, frozen
½ Packet Tofu, extra firm	1 inch of Ginger
3-4 Green chilies	1 Tbsp. Vinegar
2 slices of Whole Grain bread	½ tsp. Salt
1 cup Whole Wheat bread crumbs, as needed	2 tsp. Olive Oil

## Preparation

1. In a boiling pot of water add potatoes and beets. Cook till tender, about 15-20 minutes. Add cauliflower and peas and cook for 5 minutes, or until tender.
2. Make a paste of ginger, chilies, vinegar and salt in a small blender.
3. Drain potatoes, beets, cauliflower and peas from water. Place the cooked veggies in a bowl. With a potato masher, make a coarse puree. Crumble the tofu, ginger chili mix with the vegetable puree. Soak bread in water and squeeze out the water. Add breadcrumbs to make semi-stiff dough, as needed.
4. Take lemon sized ball of dough and flatten it to one inch thickness. Roll it in bread crumbs and place in a heated pan. In a non-stick pan on medium heat, add ¼ tsp. oil per cutlet and brown on both sides.
5. Serve hot with ketchup or green cilantro chutney.

NUTRITION FACTS		SERVING SIZE: 2 cutlets		SERVINGS: 8
Calories	133	Calories from Fat		25
Total Fat	3 g	Total Carbohydrate		21 g
Saturated Fat	0.5 g	Dietary Fiber		3 g
Polyunsaturated Fat	0.9 g	Sugar		5 g
Monounsaturated Fat	1.1 g	Total Protein		6 g
Cholesterol	0 mg	Sodium		322 mg

PREP TIME: 25-30 MIN.

COOK TIME: 20-25 MIN.

# Whole Wheat Pasta

Category: Entrée

Region of Origin: Italy



## Ingredients

8 oz. Whole Wheat Pasta, dry	4 cups Baby Spinach, fresh, chopped
¾ cup Soy Beans, room temperature	¼ cup Basil, fresh
12 Walnut Halves	1 tsp. Black Pepper, freshly ground
2 tsp. Olive Oil	1 tsp. Salt
5 Garlic Cloves	

## Preparation

1. In a stockpot, add  $\frac{1}{2}$  tsp. salt to boiling water.
2. Cook pasta according to package directions. Drain when done. Add Soy beans to pasta.
3. In a food processor, grind spinach, basil, garlic, and walnuts with 2 tsp. olive oil into a paste.
4. Add cooked pasta, black pepper and remaining salt to the spinach-walnut mixture/paste and stir.
5. Garnish with basil. Serve hot.

## Helpful Hints

- Add 1 tsp. crushed red pepper to garlic, stir then add spinach. Omit black pepper.
- May be served hot or cold.

NUTRITION FACTS		SERVING SIZE: $\frac{3}{4}$ cup	SERVINGS: 8
Calories	158	Calories from Fat	40
Total Fat	5 g	Total Carbohydrate	25 g
Saturated Fat	0.6 g	Dietary Fiber	1 g
Polyunsaturated Fat	2.2 g	Sugar	0 g
Monounsaturated Fat	1.4 g	Total Protein	7 g
Cholesterol	0 mg	Sodium	308 mg

PREP TIME: 15 MIN.

COOK TIME: 10 MIN.

# Quinoa Kichidi

Category: Entrée

Region of Origin: American/North Indian Fusion



## Ingredients

1 Onion, medium	½ cup Green Mung Beans
1 Cinnamon Stick	½ cup Masoor Daal (Lentils)
6 Cloves	½ tsp. Jeera (Cumin Powder)
½ inch Ginger Root, crushed	1 pinch Hing (Asafoetida)
1 tsp. Green Chilies, chopped	1 Tbsp. Dalia, crushed (Bulgur)
1 Cup Quinoa, uncooked	1 tsp. Olive Oil
1 tsp. Turmeric	¾ tsp. Salt

## Preparation

1. In a Dutch oven or large stockpot on medium heat, add in the olive oil.
2. Sauté the onions until translucent.
3. Add the cinnamon stick and cloves.
4. Add cumin powder (jeera), turmeric, asafetida (hing) and chilies.
5. Add quinoa, mung and lentils (masoor daal).
6. Add 4 cups of water and bring to a rolling boil. Once boiling, reduce heat to low and cover. Cook until quinoa is ready, about 30-40 minutes.
7. Garnish with crushed bulgur (dalia).

## Helpful Hints

- For added heat, increase the amount of green chili peppers, as desired.
- Can serve with nonfat, plain yogurt, pickles or mixed vegetables.

NUTRITION FACTS		SERVING SIZE: ½ cup		SERVINGS: 10	
Calories	125	Calories from Fat		16	
Total Fat	2 g	Total Carbohydrate		22 g	
Saturated Fat	0.2 g	Dietary Fiber		4 g	
Polyunsaturated Fat	0.7 g	Sugar		2 g	
Monounsaturated Fat	0.7 g	Total Protein		6 g	
Cholesterol	0 mg	Sodium		202 mg	

PREP TIME: 10 MIN.

COOK TIME: 45 MIN.

# Morning Blend #1

## Category: Entrée

## Region of Origin: American/North Indian Fusion



## Ingredients

- 1 Apple, medium
- 12 oz. Trader Joe's Blueberries, frozen
- $\frac{3}{4}$  cup Pineapple, frozen
- 1 cup Mangoes, frozen (optional)
- 9 oz. Organic Romaine Lettuce

## Preparation

1. Slice the apples. Blend the pineapples, blueberries, and blend well in a mixer/juicer.
2. Add the lettuce and blend thoroughly.

## Helpful Hints

- If you choose to add mangoes, reduce the amount of pineapple to  $\frac{1}{2}$  cup.

NUTRITION FACTS		SERVING SIZE: 1 cup	SERVINGS: 4
Calories	144	Calories from Fat	8
Total Fat	1 g	Total Carbohydrate	36 g
Saturated Fat	0.1 g	Dietary Fiber	6 g
Polyunsaturated Fat	0.4 g	Sugar	28 g
Monounsaturated Fat	0.1 g	Total Protein	2 g
Cholesterol	0 mg	Sodium	8 mg

# Morning Blend #2

Category: Breakfast



## Ingredients

1 Apple, medium  
1 cup Blueberries, frozen  
¾ cup Pineapple, frozen  
16 oz. Baby Organic Spinach  
9 oz. bag of Salad

## Preparation

1. Add all the fruits in a blender and process until smooth.
2. Add the spinach separately and blend thoroughly with the fruits.

NUTRITION FACTS		SERVING SIZE: 1 cup	SERVINGS: 4
Calories	107	Calories from Fat	5
Total Fat	1 g	Total Carbohydrate	32 g
Saturated Fat	0.1 g	Dietary Fiber	13 g
Polyunsaturated Fat	0.2 g	Sugar	18 g
Monounsaturated Fat	0.1 g	Total Protein	4 g
Cholesterol	0 mg	Sodium	139 mg
PREP TIME: 10 MIN.		COOK TIME: 0 MIN.	

# Morning Blend #3

## Category: Breakfast



## Ingredients

1 Apple, medium	2 oz. Broccoli
1.5 cup Blueberries, frozen	$\frac{1}{2}$ cup Mangoes, frozen
$\frac{3}{4}$ cup Pineapple, frozen	$\frac{1}{8}$ cup Walnut Halves
6 oz. Baby Organic Spinach	
9 oz. bag of Salad	

## Preparation

1. Add apple, blueberries, pineapple mango and walnuts. Blend until smooth.
2. Next, add the spinach and broccoli separately and blend thoroughly with the fruits.

NUTRITION FACTS		SERVING SIZE: 1 cup	SERVINGS: 4
Calories	176	Calories from Fat	45
Total Fat	5 g	Total Carbohydrate	36 g
Saturated Fat	0.5 g	Dietary Fiber	9 g
Polyunsaturated Fat	3.6 g	Sugar	24 g
Monounsaturated Fat	0.7 g	Total Protein	4 g
Cholesterol	0 mg	Sodium	61 mg

# Measure Equivalents

## Volume (liquid)

American Standard (Cups & Quarts)	American Standard (Ounces)	Metric (Milliliters & Liters)
1 tsp.	0.16 fl.oz.	5 ml
2 tbsp.	1 fl. oz.	30 ml
$\frac{1}{4}$ cup	2 fl. oz.	60 ml
$\frac{1}{2}$ cup	4 fl. oz.	125 ml
1 cup	8 fl. oz.	250 ml
1 $\frac{1}{2}$ cup	12 fl. oz.	375 ml
2 cups or 1 pint	16 fl. oz.	500 ml
4 cups or 1 quart	32 fl. oz.	1000 ml of 1 liter
1 gallon	128 fl. oz.	4 liters

## Dry Measure Equivalents

3 tsp.	1 tbsp.	$\frac{1}{2}$ oz.	14.3 gram
2 tbsp.	$\frac{1}{8}$ cup	1 oz.	28.3 grams
4 tbsp.	$\frac{1}{4}$ cup	2 oz.	56.7 grams
5 $\frac{1}{3}$ tbsp.	$\frac{1}{3}$ cup	2.6 oz.	75.6 grams
8 tbsp.	$\frac{1}{2}$ cup	4 oz.	113. 4 grams
16tbsp.	1 cup	8 oz.	200 grams
12 tbsp.	$\frac{3}{4}$ cup	6 oz.	.375 pound
32 tbsp.	2 cups	16 oz.	1 pound

# Determining Daily Caloric Needs

Have you ever wondered, how many calories you should be consuming on a daily basis? Your daily caloric need is based on two factors-your energy expenditure and your level of activity. Resting Energy Expenditure (REE) is the energy you spend while you are at rest. It is dependent on your height, weight, age and sex. Multiply your REE with your activity factor to determine your daily calorie needs:

**STEP 1:** Calculate your weight kgs: Weight in lbs / 2.2 = \_\_\_\_\_ kgs

**STEP 2:** Calculate your height in cms: Height (inches) \* 2.54 = \_\_\_\_\_ cms

**STEP 3:** Plug in your weight (kgs), height (cms) & age (yrs) into the Mifflin - St Jeor formula.

**REE for MEN** =  $10 * \text{weight (kg)} + 6.25 * \text{height (cm)} - 5 * \text{age (yrs)} + 5$

**REE for WOMEN** =  $10 * \text{weight (kg)} + 6.25 * \text{height (cm)} - 5 * \text{age (yrs)} - 161$

**STEP 4:** Determine your activity factor based on the table below

Activity Level	Activity Factors
<b>Resting</b> If you spend most of your time sleeping, relaxing or reclining, you fall into this category.	1.0
<b>Sedentary</b> (Little/ No exercise) If you spend more than 8 hours of the day sitting or have a desk job at the office, then you fall into this category.	1.2
<b>Light</b> (1-3 days per week) You fall into this category if your activities include doing laundry, cooking, dishwashing carrying grocery ,climbing stairs, playing ping pong, 30 minutes of yoga or 30 minutes of walking on level ground at 2.5-3 mph	1.375
<b>Moderate</b> (3-5 days per week) You fall into this category if your activities include 30 minutes of cycling, tennis, dancing, weeding & hoeing and walking at 3.5-4 mph or swimming.	1.55
<b>Very Active</b> (6-7 days per week) thon, swimming, walking with ankle weights uphill, and playing a sport for an hour. Most athletes, agricultural laborers, active military persons, mine and steel workers fall into this category.	1.725
<b>Extremely Active</b> Most people who engage in physically strenuous jobs like lumberjacks, construction workers, coal miners, some full-time athletes with daily strenuous training fall into this category.	1.9

\*Moderate -to- high intensity resistance training performed 2 to 3 days per week improves muscular strength and endurance. (<http://circ.ahajournals.org/content/107/1/e2.full>) It is strongly encouraged to engage in physical weight training 2-3 times per week.

**STEP 5:** Estimate total daily calorie needs by multiplying your REE by activity factor

**Example:** Ms. Calcalc is a 28 years old female, weighing 143lbs and is 5.5" tall. She is a home-maker. She follows a healthy diet and exercises three times a week, brisk walking for 30 minutes. Her daily calorie need would be as follows:

$$\begin{aligned} \text{REE} &= 10 * \text{weight (kg)} + 6.25 * \text{height (cm)} - 5 * \text{age (years)} - 161 \\ &= 10 * 65 + 6.25 * 165 - 5 * 28 - 161 = 1380.25 (\sim 1380 \text{ kcal/day}) \end{aligned}$$

$$\text{Total calorie needs} = \text{REE} * 1.375 = 1380 * 1.375 = 1897.5 (\sim 1898 \text{ kcal/day})$$

# Serving Size Recommendations for Cardiovascular Health

**DAILY:** Choosing a variety of fresh and whole foods from the foods groups mentioned below, will ensure you get all the nutrients you need. To make it easier for you to follow the recommendations, we have listed what 'one serving' equals to, for each of the food groups.

Food Groups	One Serving equals	Examples
Vegetables	<ul style="list-style-type: none"><li>1 cup of raw leafy vegetables</li><li>1/2 cup of cut-up raw vegetables /cooked vegetables</li></ul>	Palak (Spinach) ,Kale, Collards, Brussel sprouts, Methi (Fenugreek), Sarson (mustard greens), radish leaves, Cabbage, Cauliflower, Capsicum, Broccoli, Okra, Brinjal, Peas, Zucchini, French beans, Bottle gourd, Snake gourd
Fruits	<ul style="list-style-type: none"><li>1 medium sized fruit</li><li>¾ cup berries</li><li>1 ¼ cup melons</li></ul>	Oranges, Sweetlime, Papaya, Pomegranate, Pear, Peaches, Blueberries, Banana, Apple, Grapes (15 pieces), Cantaloupe, Strawberries, Green melon, Watermelon
Pulses & Legumes	<ul style="list-style-type: none"><li>¼ cup uncooked</li><li>½ cup cooked</li></ul>	Mung Daal, Tur Daal, Mung Brown Channa White Peas, Garbanzo beans, Rajmah, Soybean, Urad daal
Dairy Products	<ul style="list-style-type: none"><li>1 cup of nonfat/ 1% / 2%</li><li>½ cup 2% milk</li><li>1 slice nonfat/1% / 2%</li></ul>	Low fat or nonfat Milk, Yogurt, Buttermilk Cottage cheese (paneer) Cheese
Grains/Starches	<ul style="list-style-type: none"><li>1 cup of high-fiber, whole-grain cereal</li><li>1 slice of whole-wheat/multi-grain bread,</li><li>1 roti/ 2 phulkas</li><li>½ cup of cooked whole-grain / starch</li></ul>	Wheat Bran, Oats, Cracked wheat Wheat, Rava (Semolina), Riceflakes, Brown rice, Quinoa, Jowar flour, Bajra flour, Ragi flour, millet, Whole grain/multigrain bread, whole pasta, Cereal Potato, Yam , Tapioca, Sweet potato
Healthy Fats		
Nuts	<ul style="list-style-type: none"><li>4-5 pieces of nuts</li></ul>	Almonds, Walnuts, Peanuts, Hazelnuts, Pecans
Seeds	<ul style="list-style-type: none"><li>2 Tbsp. seeds</li><li>1 oz. of avocado</li></ul>	Sunflower seeds, Sesame seeds, Flaxseeds, Pumpkin seeds, Avocado
Oils	<ul style="list-style-type: none"><li>2 tsp. nut butter</li><li>2 tsp. salad dressing</li><li>1 tsp. of oil</li></ul>	Almond butter, Peanut butter Vinaigrette, low fat dressing Olive oil/ Canola oil
Beverages		Water, Green Tea, Unsweetened Tea & Coffee, Homemade nonfat Smoothies & Blends (see recipe)

**LIMIT:** Consume the below mentioned foods no more than 1-2 times per week

Food Groups	One Serving Equals	Examples
<b>Fish &amp; Shellfish</b>	<ul style="list-style-type: none"> <li>• 3-4 oz.(Limit 12 oz/week)</li> <li>• Discuss with your dietitian on individual basis</li> </ul>	Salmon, Tuna, Mackerel, Sardines, Herring, Trout Shrimp, Crab, Lobster, Oysters
<b>Processed meats</b>	<ul style="list-style-type: none"> <li>• 1-4 oz.(Limit 8 oz/week)</li> <li>• Discuss with your dietitian on individual basis</li> </ul>	Sausages, Bacon, Red meat, Salami, processed deli meats, Hot dogs, Pepperoni
<b>Sugar-sweetened Beverages</b>	<ul style="list-style-type: none"> <li>• 8 fl oz. / 240 ml</li> </ul>	Sugar-sweetened soda, Fruit drinks, Sports drinks Commercially made Fruit/Vegetable juice, Vitamin/ mineral water, Sweetened tea and coffee, Mango lassi, any products with high fructose corn syrup.
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Discuss with your dietitian on individual basis</li> </ul>	Gulabjamun, Rasgullas, Jalebi, Kalakand, Soanpapdi, burfis

**AVOID:** Consume the below mentioned foods no more than 1-2 times per month

Food Groups	One Serving Equals	Examples
<b>Hydrogenated &amp; Trans fats</b>	<ul style="list-style-type: none"> <li>• 1 teaspoon</li> <li>• 1 ounce</li> <li>• 1 small samosa / kachori / cutlet</li> </ul>	Ghee, Butter, Margarine, Cream Snack-items like namkeen, sev, hot mix Deep fried Indian snacks like Samosa, Kachori, cutlet, Pakoras
<b>Dairy Products</b>	<ul style="list-style-type: none"> <li>• 1 cookie / 1 pc of cake</li> </ul>	Cookies, Biscuits, Cakes, Pastries, Donuts Cream, Full-fat paneer (restaurant or commercially sold), Coconut milk





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Heart Center**  
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