

TOTAL HEALTH



Fast Foods made Healthy

High Cal Foods made Low Cal



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INTRODUCTION

Most of us regularly indulge in foods that are not very healthy. Pizzas, burgers, french fries, vada pav, heavy and rich curries and calorie laden sweets are all foods that can lure us away from the strictest diet. An occasional indulgence is not harmful but getting hooked is. For example, when we choose an aerated beverage instead of water almost every day that's when we are heading towards steady weight gain.

The idea behind this book was to create appetizing low calorie versions of all our favourite foods.... pizzas, bhel, dal makhani, mayonnaise and many more.... Wouldn't it be wonderful if we could indulge in all such favourite foods and yet lose weight and remain trim? That's a dream for most of us today..... GUILT FREE EATING.

Keeping this in mind we need to cut down on calories, but not necessarily on fun that's associated with food. I have selected some high calorie recipes which most of us indulge in on a regular basis and worked at making them low calorie yet keeping them as delicious as the original recipe. Although the caloric difference between a few high cal and low cal recipes may not be very drastic, the low calorie recipes have certainly fewer calories contributed by fat, which is the most crucial cause for adding those extra inches to your waist.

You will discover that a few changes in the way we cook or the ingredients we use can cut down on the calories in any given dish radically. For example, one can have a regular Vegetable Burger which has 433 calories but our low calorie version of the same has only 274 calories. Isn't it amazing how small alterations to a recipe can allow us to enjoy our favourite goodies without harming our health!

The trick here is to let you enjoy all that you wish to eat but to cook in a healthy way. So pack off those excess calories and fat but retain the flavours and taste.

Also included in this book is a comprehensive calorie counter which lists the caloric and fat count of all basic ingredients found on every kitchen shelf.

Here's to a lifetime of healthy cooking and eating!

Tarika Datar

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High Cal

Low Cal

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~ Nawabi Curry ~

HIGH CAL : 85 cal. per serving ♦ 6.6 gm. fat per serving

A rich Moghlai style curry which is traditionally made creamier by the addition of cashewnuts, almonds, coconut and khus-khus. You will be surprised to know that avoiding these high calorie ingredients, to make a low cal version, makes an equally mouth-watering Nawabi Curry. Try the Low Calorie Nawabi Curry, page 41.

Preparation time: 15 minutes. Cooking time: 20 minutes. Serves 4.

1½ cups chopped tomatoes
1 cup chopped mixed boiled vegetables
a few strands of saffron (optional)
1 tsp sugar
4 tbsp ghee
salt to taste

To be ground into a paste (for the curry)
1 cup sliced onions
1 tbsp cashewnuts
1 tbsp almonds (optional)

1 tbsp coriander (dhania) seeds
1 tbsp cumin seeds (jeera)
1 tbsp khus-khus (poppy seeds)
2 tsp aniseeds (saunf)
2 tbsp grated fresh coconut
25 mm. (1") piece ginger
2 green chillies
4 red chillies
1 to 2 cardamoms (elaichi)
2 cloves (laung)
25 mm. (1") piece cinnamon (dalchini)
7 curry leaves

1. Add 1½ cups of water to the tomatoes and boil for 10 to 12 minutes. When soft, cool and prepare a purée by straining the mixture through a sieve.
2. Heat the ghee in a pan and sauté the ground paste for 4 to 5 minutes. Add the tomato purée, sugar and salt.
3. Warm the saffron in a small vessel, add a little milk, rub in until the saffron dissolves and add to the curry.
4. Add the boiled vegetables and bring to a boil.
Serve hot.

Healthy Vada Pav

LOW CAL : 136 cal. per vada pav ♦ 3.2 gm. fat per vada pav

This recipe replaces the refined flour bread with a whole wheat pita. I have also omitted frying the vada altogether making it guilt free. The salad and chutney add fibre, crunch and flavour to this delicious snack. Feel free to make 2 or 3 recipes of the pita bread and refrigerate, so that you can enjoy it any time hunger strikes.

Preparation time: 20 minutes. Cooking time: 15 minutes. Makes 8 vada pavs.

For the pita bread

1 cup whole wheat flour (gehun ka atta)

1 tsp (5 grams) crumbled fresh yeast

1 tsp sugar

1 tbsp oil

½ tsp salt

For the garlic chutney

¼ cup garlic cloves

1 tbsp chilli powder

1 tsp coriander-cumin seed (dhanja-jeera) powder

salt to taste

To be mixed into a vada filling

3 cups boiled and mashed potatoes

1 tbsp ginger-green chilli paste

1 tbsp chopped coriander

½ tsp turmeric powder (haldi)

salt to taste

Other ingredients

8 tomato slices

1 cup shredded lettuce

8 onion slices

For the pita bread

1. Combine all the ingredients except the oil in a bowl and knead into a soft dough using enough water until it is smooth and elastic.
2. Add the oil and knead again.
3. Cover the dough with a wet muslin cloth and allow it to prove till it doubles in volume (approx. 15 to 20 minutes).
4. Press the dough lightly to remove the air.

5. Divide the dough into 4 equal parts.
6. Roll out each portion into a circle of 125 mm. (5") diameter and 3 mm. (¼") thickness.
7. Cook the pita breads on a hot tava (griddle) on each side for a minute or until the bread puffs up.
8. Remove and keep aside.
9. Cut each pita bread into 2 halves. Keep aside. These are called pita pockets.

For the garlic chutney

Blend all the ingredients in a blender with a little water to get a smooth chutney.

Keep aside.

How to proceed

1. Warm the pita bread halves on a tava (griddle) and apply some garlic chutney on the inside.
2. Divide the vada filling mixture into 8 equal portions.
3. Fill each pita bread half with one slice of tomato, some lettuce, one slice of onion and one portion of the vada filling mixture.
4. Repeat for the remaining pita bread halves and other ingredients to make 7 more healthy vada pavs.
Serve immediately.

Guilt Free Lemon Cheesecake



Fast foods like pizzas, burgers, french fries, bhel puri and heavy rich curries are all foods that can lure us away from the strictest diet. An occasional indulgence in these fast foods is not harmful but getting hooked is. Wouldn't it be wonderful if we could indulge in all such favourite foods and yet lose weight and remain trim. That's a dream for most of us today.....GUILT FREE EATING.

I have selected some high calorie recipes which most of us regularly indulge in and have worked at making them low calorie yet keeping them as delicious as the original recipe.

Making a few changes in the way you cook and substituting certain fatty ingredients with low calorie ones is all you have to do enjoy your favourite goodies without worrying about weight gain.

Also included in this book is a comprehensive **calorie counter** which lists the caloric and fat count of all basic ingredients found on every kitchen shelf.

Tarla Dalal



“**Padma Shri**” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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