

TOTAL HEALTH

Healthy Heart

• COOKBOOK •

LOW FAT LOW CHOLESTEROL RECIPES



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❧ Introduction ❧

Dear Friends,

All the food that we eat affects the health of our heart.

Healthy Heart Cookbook is our 11th title in the **TOTAL HEALTH SERIES**, after many successful best sellers like *Cooking with 1 Teaspoon of Oil*, *Delicious Diabetic Recipes* and *Pregnancy Cookbook* among others.

Consisting of 78 appetizing recipes from different world cuisines, all the recipes have been *tested and tasted* using minimal amount of oil and are innovative, yet simple and easy to cook. My team of qualified nutritionists have analyzed each recipe for its nutritional value to ensure that they not only please your palate but also maintain your cholesterol levels.

Also included is a wealth of information on eating right for a healthy heart, tips on simple ways to add more fibre and decrease fat, salt and sugar content in your diet....the four most important points to be taken care while planning recipes for a healthy heart.

We could not have put this book together without the guidance of an eminent cardiologist **Dr. Dhanashri Chonkar**. All the recipes and contents were compiled under her watchful eye, meticulously planning calorie-counted meal plans at the end of the book.

Tasty, nutritious 'cooked-at-home' meals are a sound investment in your health and that of your family's too. This book is all about eating well, which means eating foods that are good for you and, even more importantly, *enjoying* what you eat.

Happy and Healthy Cooking!!



❧ *Recipe Index* ❧

Breakfast

<i>Whole Wheat Salad Wrap</i>39
<i>Sprouted Moong and Methi Chilas</i>41
<i>Spicy Oat Pancakes</i>42
<i>Waldorf Open Sandwich</i>43
<i>Carrot Coriander Juice</i>44
<i>Tomato Apple Juice</i>45
<i>Golden Glory Frappé</i>46
<i>Watermelon and Mint Drink</i>47

Soups

<i>Garlic Vegetable Soup</i>48
<i>Green Peas and Mint Soup</i>49
<i>Makai Shorba</i>50
<i>Miso Soup</i>53
<i>Carrot and Lentil Soup</i>54
<i>Bean and Tomato Soup</i>55
<i>Cauliflower Soup</i>56
<i>Spinach Soup with Garlic</i>57

Starters ***-ii-*** ***Snacks***

<i>Oriental Soya and Babycorn Stir-Fry</i>58
<i>Chick Pea and Soya Tikkis</i>59
<i>Crunchy Soyabean Snack</i>60
<i>Crunchy Cumin Seed Crackers</i>61
<i>Soya Sesame Khakhra</i>62

	<i>Oat and Raisin Biscuits</i>63
	<i>Mini Pizzetas</i>64
	<i>Soya Bhel</i>65
<i>Accompaniments</i>	<i>Carrot Garlic Chutney</i>66
	<i>Garlic Tomato Salsa</i>67
	<i>Parsley Yoghurt Dip</i>68
	<i>Herbed Hummus</i>69
	<i>Chunky Vegetable Spread</i>69
	<i>Coriander Garlic Chutney</i>70
	<i>High Fibre Chutney</i>71
<i>Salads</i>	<i>Three Bean Salad</i>73
<i>-n-</i>	<i>Carrot and Mint Salad</i>74
<i>Raitas</i>	<i>Bulgur Wheat Salad</i>75
	<i>Lauki Phudina Raita</i>76
	<i>Cabbage, Carrot and Babycorn Stir-Fry</i>76
	<i>Pear Salad</i>77
	<i>Sweet Potato Salad</i>78
	<i>Italian Style Tossed Salad</i>79
<i>Subzis</i>	<i>Soya Vegetable Korma</i>80
	<i>Lauki Kofta Curry</i>81
	<i>Paneer Lababdar</i>83
	<i>Palak Kadhi</i>84
	<i>Chana Palak</i>87
	<i>Pyazwali Bhindi</i>88
	<i>Gavarfali with Bajra Dhokli</i>89

<i>Dals</i>	<i>Panch Ratani Dal</i>91
	<i>Dhabey ki Dal</i>92
	<i>Chana Dal with Cucumber</i>93
	<i>Palak Masoor Dal</i>94
	<i>Methiwali Dal</i>95
<i>Rotis -n- Parathas</i>	<i>Oat and Spring Onion Paratha</i>97
	<i>Lachha Soya Paratha</i>98
	<i>Stuffed Soya Paratha</i>100
	<i>Pyaz ki Roti</i>101
	<i>Bajra aur Kaddu ki Roti</i>102
<i>Rice -n- Khichdi</i>	<i>Tava Sprouts Pulao</i>104
	<i>Whole Wheat and Vegetable Khichdi</i>105
	<i>Cabbage Pulao</i>106
	<i>Chick Pea and Mint Rice</i>107
<i>Main Courses</i>	<i>Baked Vegetable Roll Up</i>109
	<i>Penne with Spinach in Low Fat Cheese Sauce</i>110
	<i>Full of Fibre Pasta</i>113
	<i>Paneer Shavarma Wrap</i>114
	<i>Oatmeal and Spinach Crêpes</i>116
	<i>Whole Wheat Tagliatelle with Spinach Dumplings</i>118

<i>Desserts</i>	<i>Custard Fruit Tarts</i>120
	<i>Lauki ki Kheer</i>121
	<i>Baked Cottage Cheese Pie</i>122
	<i>Date and Walnut Footballs</i>123
	<i>Apricot Stew with Vanilla Stew</i>124
	<i>Soya Date Cookies</i>125
	<i>Soya Nankhatai</i>127
	<i>Bulgur Wheat Kheer</i>128
	<i>Fig and Cardamom Delight</i>129
<i>Basic Recipes</i>	<i>Low Fat Milk</i>130
	<i>Low Fat Curds</i>131
	<i>Low Fat Paneer</i>132
	<i>Low Fat Cheese Sauce</i>133



Soya Sesame Khakhra

These are a crisp, oil-free snack that will keep you going, right up till dinner. This snack abounds in all the nutrients except the fat and also provides the excuse to add methi to your diet.

Preparation time : 10 minutes. Cooking time : 30 minutes. Makes 6 khakhras.

½ cup soya flour

¼ cup whole wheat flour (gehun ka atta)

1 teaspoon sesame seeds (til), black and white

salt to taste

1. Sprinkle salt on the methi leaves and keep aside for 5 to 7 minutes.
2. Combine all the ingredients and knead into a firm dough using enough water if required.
3. Keep aside for 10 to 15 minutes and divide the dough into 6 equal portions.
4. Roll out each portion into large circles of 150 mm. (6") in diameter.
5. Cook each one on a non-stick tava (griddle), over a low flame pressing each side with a cloth to make the khakhras crisp.
6. Cool and store in an air-tight container.

Nutritive values per khakhra:

AMT	ENERGY	PROTEIN	CHO	FAT	FIBRE
gm	kcal	gm	gm	gm	gm
11	42	3.1	4.4	1.3	0.3





Soya Shel

This is a tasty and nutritious variation of the popular Indian snack—bhelpuri. This recipe has been created to help one adapt the taste of soya gradually and maintain the cholesterol levels...Veggies like tomatoes, spring onions and cabbage helps to mask the after taste of soya. Addition of lemon juice and chilli powder further enhances the flavours.

Preparation time : a few minutes.

Cooking time : 5 minutes.

Serves 4.

½ cup soyabeans
¼ teaspoon turmeric powder (haldi)
¼ cup tomatoes, chopped
¼ cup spring onion whites, chopped
¼ cup spring onion greens, chopped
¼ cup cabbage, chopped
½ teaspoon lemon juice
¼ teaspoon red chilli powder
salt to taste

1. Soak the soyabeans in water for 2 to 3 hours. Drain and discard the water.
2. Add the turmeric and salt to the soyabeans, mix well and keep refrigerated overnight (6 to 8 hours).
3. Dry roast the soyabeans in a non-stick pan for 5 minutes, over medium heat, till they are partially crisp.
4. Mix the warm soyabeans with all the other ingredients and serve immediately.

Handy tip : Cool the soyabeans and store in an air-tight container to have as a dried snack.

Nutritive values for per serving:

AMT	ENERGY	PROTEIN	CHO	FAT	FIBRE
gm	kcal	gm	gm	gm	gm
42	83	8.0	4.9	3.5	1.0





A low-carbohydrate, healthy meal, ready using the low-carbohydrate recipe from *Low-Carb Living* by *Dr. Robert C. Atkins*.

Becky Hunt (author) is a 37-year-old **TOTAL HEALTHY!** who has successfully lost 100 lbs. for the past 12 years. She is the author of *Low-Carb Living* and *Low-Carb Living: The Atkins Diet*. She is also the author of *Low-Carb Living: The Atkins Diet* and *Low-Carb Living: The Atkins Diet*. She is also the author of *Low-Carb Living: The Atkins Diet* and *Low-Carb Living: The Atkins Diet*.

Each meal has been prepared with the help of an expert nutritionist. **Dr. Robert C. Atkins** is a leading authority on low-carbohydrate nutrition. He has written several books on the subject, including *Low-Carb Living* and *Low-Carb Living: The Atkins Diet*.

For more information, visit www.atkins.com. Learn more about the Atkins diet.

If you're not sure if these meals are right for you, visit www.atkins.com. For more information, visit www.atkins.com. For more information, visit www.atkins.com.

—*Trish Dwyer*

Other Books in Total Health Series



Low-Carb & High-Protein Cookbook



Baby & Toddler Cookbook



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Cooking with Vegetables & Herbs



Healthy Smoothies & Snacks



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Healthy Snacks for Kids



Healthy Snacks for Kids

