Low Cholesterol Recipes
INTRODUCTION

Over the last two decades there has been a growing concern about fats, high blood cholesterol levels and its relation to heart diseases. While some cholesterol is needed for good health, too much cholesterol in our blood can make us more susceptible to having a heart attack. Some people are genetically predisposed to high blood cholesterol, but anyone can develop high blood cholesterol regardless of age or sex. It is hence important to keep a check on one's cholesterol levels. Taking precautions like avoiding saturated fats and cholesterol-rich foods, eating high fibre foods and exercising can help one regulate one's blood cholesterol levels.

My book "Low Cholesterol Recipes" is for those who want to start taking early anti-cholesterol measures and for those who are already on a low cholesterol diet.

The idea is to replace unhealthy food choices without completely changing your regular eating patterns. As a bonus we have also included some must-know facts about cholesterol, such as what is cholesterol, factors affecting blood cholesterol levels and how blood cholesterol levels are bad for your health. You will also find very useful, the table on functional foods that help lower cholesterol levels and different ways to use them in your daily cooking. For example, Oats Roti, page 51, Healthy Kofta Kadhi, page 70, Buckwheat Dhokla, page 43 etc.

Include these recipes in your daily diet to maintain a healthy lifestyle and ward off worries about rising blood cholesterol levels.

Happy and hearty cooking!

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**Stuffed Ragi Pancakes**

Brimming with the goodness of ragi (nachni), these vegetable-stuffed pancakes are a great substitute for calorie-laden snacks.


**For the pancakes**
- ¾ cup whole ragi / nachni (red millet)
- ¼ cup rice flour (chawal ka atta)
- Salt to taste

**For the vegetable stuffing**
- ¼ cup sliced spring onion whites
- ¼ cup chopped spring onion greens
- ½ cup shredded cabbage
- ½ cup bean sprouts
- ½ cup grated carrots
- ½ tsp sugar
- 1 tsp finely chopped garlic
- ½ tsp dry red chilli flakes
- 2 tsp chopped coriander
- 1 tsp oil
- Salt to taste

**Other ingredients**
- 1 tsp oil for cooking
For the pancakes
1. Soak the ragi in water overnight.
2. Wash, drain and grind to a smooth paste using a little water.
3. Add the rice flour and salt and mix well. Keep aside.

For the vegetable stuffing
1. Heat the oil in a pan, add the garlic, dry red chilli flakes and spring onion whites, and fry for 3 to 4 minutes.
2. Add the cabbage, bean sprouts, carrots, spring onion greens, sugar and salt. Mix well and keep aside to cool.

How to proceed
1. Heat a non-stick tava (griddle) and grease it with a little oil.
2. Spread an even layer of the batter to make a 125 mm. (5”) pancake.
3. Cook on both sides till golden brown, using a little oil.
4. Spread the stuffing on one side of the pancake.
5. Fold to make a semi-circle.
6. Repeat with the rest of the batter and stuffing to make 5 more pancakes. Serve hot.

Nutritive values per pancake

<table>
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<th>Energy</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>102 kcal</td>
<td>2.7 gm</td>
<td>18.5 gm</td>
<td>2.0 gm</td>
<td>0 mg</td>
<td>1.0 gm</td>
</tr>
</tbody>
</table>
Stuffed Ragi Pancakes
**Masoor Biryani**

Bring rice and masoor together to create low cholesterol, but infinitely tasty, biryani.

Preparation time: 30 minutes.  Cooking time: 50 minutes.  Serves 6.
Baking temperature: 200°C (400°F).  Baking time: 25 minutes.

1 recipe cooked biryani rice, recipe below

1/4 cup whole masoor (red lentils)
1/4 cup chopped onions
3/4 cup chopped tomatoes
1/4 tsp saffron (kesar), dissolved in
1/4 cup low fat milk, page 97
2 tbsp low fat milk, page 97
2 tsp oil
Salt to taste

For the cooked biryani rice
1 cup long grained rice (Basmati)
1 clove (laung/ lavang)
1 stick cinnamon (dalchini)

1 bay leaf (tejpatta)
1 cardamom (elaichi)
Salt to taste

To be ground into a paste
4 cloves garlic
3 tsp coriander (dhania) seeds
11/2 tsp cumin seeds (jeera)
4 tsp poppy seeds (khus-khus)
25 mm. (1") piece ginger

Other ingredients
1 tsp oil for greasing
2 tbsp chopped coriander for the garnish
For the cooked biryani rice
1. Clean and wash the rice. Soak the rice for approx. 15 minutes. Drain and keep aside.
2. In a large pan, boil 3 cups of water with clove, cinnamon, bay leaf, cardamom and salt and then add the rice. Cover and cooked the rice. Drain and keep aside.

How to proceed
1. Soak the masoor in water for at least 6 hours. Drain and keep aside.
2. Heat the oil in a non-stick pan and cook the onions till they turn translucent.
3. Add the ground paste, fry for a few minutes and then add the tomatoes. Fry for two more minutes. Add the soaked masoor, salt and ¾ cup of water.
4. Cook on a low flame till the masoor is tender and most of the water has evaporated. Keep aside.
5. To the cooked biryani rice, add the saffron milk and mix lightly. Keep aside.
6. Grease a large baking dish and put 2 tbsp of low fat milk at bottom. Make five layers by spreading 1/3 of the rice, then spreading ½ the masoor, next spreading ½ of the rice and finally the remaining masoor and another layer of rice.
7. Cover with an aluminium foil and bake in a pre-heated oven at 200°C (400°F) for 20 minutes. Turn upside down on a large serving plate just before serving. Serve hot garnished with coriander.

Nutritive values per serving

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>321 kcal</td>
<td>12.3 gm</td>
<td>56.0 gm</td>
<td>5.2 gm</td>
<td>0.2 mg</td>
<td>0.6 gm</td>
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Masoor Biryani
Most of us have questions about cholesterol and its effect on our heart and health. While some cholesterol is needed for good health, too much of it can make us susceptible to heart diseases. It is therefore important to keep a check on cholesterol levels, the earlier the better.

‘Low Cholesterol Recipes’ is especially for those who want to start taking early anti-cholesterol measures and for those already on a low cholesterol diet. All the recipes are devoid of fatty foods like butter, cheese and processed foods that increase blood cholesterol and sodium levels. The book also includes some must-know facts about cholesterol along with a table on functional foods that help lower cholesterol levels and different ways to use them in our daily cooking. Some of the heart-friendly recipes in this book are Oats Roti, Healthy Kofta Kadhi, Buckwheat Dhoklas, Soya Mutter Pulao, Hyderabadi Baingan Subzi etc.

Ward off your worries about rising blood cholesterol levels and maintain a healthy heart with this selection of appetising low cholesterol recipes…

Happy and healthy cooking!

“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.