



SSS Recipe Book

Healthy-Yet-Tasty, Easy to make recipes, for students & families

Sankalp : Sampurna Swasthya (SSS) Program, IAP



In Collaboration with
Health Spoken Tutorial, IIT Bombay
2023

Sankalp Sampoorna Swasthya Program Team

Chairperson Steering Committee 2023-2025

Dr. Upendra Kinjawadekar

Co-Chairperson Steering Committee 2023

Dr. GV Basavaraja

Dr. Remesh Kumar

SSS Core Team

Dr. Upendra Kinjawadekar

Dr. Deepak Pande

Dr. Rekha Harish

National Convener (Scientific)

Dr. Rekha Harish

Jt. National Convener (Scientific)

Dr. Deepak Pande

HSG 2022-23

Dr. Vineet Saxena

National Coordinators (Admin)

Dr. HPS Sachdev

Dr. Jagdish Chinnapa

Dr. Jeelson Unni

Dr. Deepak Pande

Dr. Samir Dalwai

Jt. National Coordinator

Dr. Nirmala C

Zonal Coordinators 2023

Dr. Jeelson Unni

Dr. Piyali Bhattacharya

Dr. Rajeev Seth

Dr. Biswajeet Mishra

Dr. Yogesh Parikh

State Coordinators 2023

All State Presidents

Secretaries & state EBs

Acknowledgements: Health Spoken Tutorial, IIT Bombay

Contributor Nutritionists

Ms. Misbah Samir

Ms. Monika Surya

Ms. Gautami Mungrey

Compiled & Edited by

Dr Rekha Harish

SSS Recipe Book

**Sankalp: Sampoorna Swasthya (SSS) Program, IAP
Publication-2023**

For Private circulation only, among participants of SSS program. Not for sale or redistribution.

© 2023 Indian Academy of Pediatrics, Sankalp: Sampoorna Swasthya (SSS) Program. All rights reserved

Feedback & correspondence: sssrekhaharish@gmail.com

Disclaimer

This booklet is meant for general informational purpose only and is not meant to provide specific guidance for any particular health condition. Therefore, while all reasonable precautions have been taken to make its contents accurate and upto date as per current scientific knowledge, the readers of this booklet are best advised to seek professional consultation for their specific health conditions (if any) and to take expert advice before using the contents. This booklet is not meant to replace the professional advice of any nutritionists or other medical professional. The authors, editors or the publisher of this booklet do not accept any liability for any damage to any individual or organisation arising out of the use of this booklet.

FOREWORD

Promoting Healthy Eating for Generation Next

Welcome to this remarkable recipe book designed specifically to inspire and encourage healthy eating habits among our school-going children. Within these pages, you'll discover a vibrant collection of nutritious and delicious recipes that aim to nourish young minds and bodies. As we embark on this culinary journey, it is crucial to recognize the profound impact food has on our health, making it a critical component of a well-rounded and healthy lifestyle.

In today's fast-paced world, where convenience often takes precedence over nutrition, instilling healthy eating habits in our children has never been more important. Research has shown that the foods we consume during our formative years can shape our lifelong relationship with nutrition. By providing children with a foundation of healthy choices and balanced meals, we empower them to make informed decisions about their well-being and set them on a path to a healthier future. The significance of healthy eating goes beyond mere sustenance. It is a powerful tool for preventing non-communicable diseases, which are increasingly prevalent in our society. These diseases, such as obesity, diabetes, and heart conditions, are major contributors to long-term health problems. However, they are also largely preventable through lifestyle choices, with diet playing a central role. By adopting healthy eating habits from an early age, children can develop a strong defense against these diseases, enhancing their overall quality of life.

The recipes featured in this book have been carefully crafted to prioritize both taste and nutrition, ensuring that healthy eating becomes an enjoyable and rewarding experience. Each recipe combines vibrant flavors, wholesome ingredients, and creative presentations to capture the attention and curiosity of young minds. From colorful fruit smoothie bowls to energy-packed whole grain wraps, these recipes have been designed to make healthy eating fun, engaging, and accessible for children of all ages.

We firmly believe that healthy eating habits are best nurtured in a supportive and inclusive environment, involving not only the children but also their families, caregivers, and educators. By working together, we can create a culture that celebrates the joy of nutritious meals and encourages a lifelong commitment to well-being. We hope that this recipe book becomes a valuable resource for families, schools, and communities alike, serving as a catalyst for positive change in the way we nourish our children.

We extend our heartfelt gratitude to the team of nutritionists, and experts who contributed their knowledge and expertise to curate this collection of recipes. Their passion for healthy eating and their dedication to the well-being of our children shines through in each and every dish presented here. Their commitment to promoting a healthier future is an inspiration to us all.

Here's to a future where every child enjoys the benefits of a nutritious and wholesome diet, cultivating a foundation of wellness that lasts a lifetime. Happy cooking and bon appétit!

Dr. Upendra S. Kinjawadekar

National President (2023), Indian Academy of Pediatrics
Chairperson (2023-2025), Sankalp: Sampurna Swasthya

INDEX

SANKALP SAMPOORNA SWASTHYA PROGRAM TEAM	Page A
ACKNOWLEDGEMENTS, DISCLAIMER, COPYRIGHT	Page B
FOREWORD	Page C

SECTION 1 : VEGETARIAN RECIPES

SNACKS

1. SOYBEAN CUTLET	Page 1
2. SORGHUM SOYA DOSA WITH SESAME SEED POWDER	Page 2
3. BENGAL GRAM CUTLETS	Page 4
4. SPROUTED SOYBEAN CUTLET	Page 5
5. FINGER MILLET DOSA	Page 6
6. RAW MANGO AND CRUNCHY PEANUT SALAD	Page 7
7. FOXNUT BHEL	Page 8
8. PANEER KEBAB	Page 9
9. CUPCAKE	Page 10
10. BAKED SWEET POTATO STRIPS	Page 11
11. CURD AND POMEGRANATE POPSICLE	Page 12

MINI-MEALS

1. SORGHUM AND TOMATO CHEELA	Page 13
2. MILLET VEGETABLE KHICHDI	Page 14
3. STUFFED PARATHA AND CHUTNEY	Page 15
4. GREEN GRAM WRAP	Page 17
5. SPROUTED COWPEA PARATHA	Page 19
6. SPROUTED MOONG WRAP	Page 20

SECTION 2 : NON-VEGETARIAN RECIPES

SNACKS

1. EGG SPINACH BHURJI	Page 22
-----------------------	---------

MEALS

1. MINCED CHICKEN WITH DILL LEAVES	Page 23
2. FISH CURRY	Page 24
3. MUTTON LEG SOUP	Page 25

SECTION 3 : DRINKS

1. SPINACH DRINK	Page 27
2. ROASTED BENGAL GRAM BUTTERMILK	Page 28

SECTION 1

VEGETARIAN RECIPES

SNACKS

1

SOYBEAN CUTLET



Energy - 319 kcal Proteins - 21 g Carbohydrates - 18 g Fat - 18 g

Ingredients:

- ¼ cup Soybeans
- ¼ cup split Bengal gram
 - ½ Beetroot
 - ¼ cup boiled Peas
- 2 tablespoon Peanut powder
 - 1 teaspoon Gram flour
- 1 teaspoon Coriander powder
- ½ teaspoon Red Chilli powder
- ½ teaspoon dry Mango powder
 - Salt to taste
- 1 teaspoon Drumstick leaves powder
 - 2 teaspoon Sesame seeds
 - 1 teaspoon Oil

Procedure:

- First sprout the soybeans
- Soak the soybeans in water overnight

- Drain the water and keep them on a strainer to remove excess water
- Keep the soybeans in a cool and dry place away from direct heat
- Everyday wash and drain the soybeans 2-3 times until sprouts appear
(This will avoid the spoilage of soybeans)
(It may take around 3-4 days for soybeans to sprout)
- Now, soak the split bengal gram overnight
- Strain it the next day in a strainer
- In a pressure cooker, cook split bengal gram and sprouted soybeans together
- Use one cup of water and cook until one whistle
- After cooling, blend soybeans and split bengal gram together to make a thick paste
- To make the drumstick leaves powder:
- Roast the drumstick leaves on medium heat
- Let it cool and make a powder of it using mixer or a grinder

To prepare the cutlet mixture:

- In a bowl take grounded soybeans and split bengal gram
- Add grated beetroot and boiled peas
- Now add peanut powder, gram flour and drumstick leaves powder
- Add rest of the spices and mix it well
- Then make small round cutlets of it
- Coat the cutlets evenly with sesame seeds on all sides
- Now, heat the oil in a pan and cook the cutlets from both the sides
- Soybean cutlet is ready

2

**SORGHUM SOYA
DOSA WITH SESAME
SEED POWDER**



Energy - 338 kcal Proteins - 18 g Carbohydrates - 31g Fat - 15 g

Ingredients:

- 1.5 tablespoons of soya bean
 - 2 teaspoons of sorghum
- 2 teaspoons of split black gram
 - 1 teaspoon fenugreek seeds

For sesame seeds mix:

- 2 teaspoons roasted Bengal gram
- 2 teaspoons split black gram
- 2 teaspoons sesame seeds
- 2 dry red chillies
- 1 sprig of curry leaves
- Salt to taste
- 1 teaspoon of oil or ghee
- Wash and soak sorghum and split black gram and soybeans for 8 hours
- Soak fenugreek seeds as well in the same vessel
- After 8 hours, grind them into a smooth batter
- Transfer this batter to a bowl
- Keep this bowl in a warm place to ferment for 7 to 8 hours
- After it ferments, heat a pan
- Dry roast, red chillies, and curry leave till they become crisp
- Keep them aside to cool
- In the same pan, roast split Bengal gram, split black gram and sesame seeds
- Roast them until they turn light brown in colour
- Keep this aside to cool
- Once cooled, grind them into a fine powder
- We will use this later
- Now add salt to the fermented batter and mix well
- 20 grams sesame seeds
- ½ teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 teaspoon ginger garlic paste
- 2 teaspoons oil or ghee

Procedure:

- Heat oil or ghee in a pan
- Pour the batter and spread it evenly to make a dosa
- Once the dosa is partially cooked, add 2 teaspoons of the prepared powder over it
- Cover with a lid until the dosa is cooked
- Yummy sorghum and soya dosa are ready

BENGAL GRAM CUTLETS



Energy - 403 kcal Proteins - 16 g Carbohydrates - 32 g Fat - 23 g

Ingredients:

- 50 grams bengal gram sprouts
- 40 grams or 1.5 tablespoons curd
 - 1 small shredded carrot
 - 1 small finely chopped onion
- 15 grams or 1 tablespoon roasted gram flour

Procedure:

- Wash and soak bengal gram overnight or for 6 to 8 hours in water
- Later, drain the water and tie bengal gram in a clean muslin cloth
- Keep it in a warm place for 6 to 8 hours and allow it to sprout
- When the bengal gram sprouts, pressure cook them for 3 whistles
- Keep it aside until the pressure is released, and allow it to cool
- Next, take them in a bowl and mash them well
- To this, add onion, carrot and roasted gram flour and mix well
- Now, add spices, salt, ginger, garlic paste and curd
- Mix all the ingredients and make 4 balls out of it
- Flatten the balls into cutlets
- Coat these cutlets with sesame seeds and keep them aside
- Heat oil or ghee in a pan
- Shallow fry the cutlets until both sides turn golden brown in colour
- Bengal gram chatlets (cutlets) are ready

Alternatives for soybean-cowpea or chickpeas can be used. Alternatives for bengal gram-moth beans, cowpeas, green gram, soybean

SPROUTED SOYBEAN CUTLET



Energy - 319 kcal Proteins - 21 g Carbohydrates - 18 g Fat - 18 g

Ingredients:

- ¼ cup soybeans
- ¼ cup split bengal gram
 - ½ beetroot
 - ¼ cup boiled peas
- 2 tablespoons roasted peanut powder
 - 1 teaspoon roasted gram flour
 - 1 teaspoon coriander powder
 - ½ teaspoon red chilli powder
 - ½ teaspoon dry mango powder
 - 2 tablespoon sesame seeds
 - 1 teaspoon oil
 - Salt to taste

Procedure:

- Begin with sprouting the soybean as explained earlier in this tutorial
- Remember to wash and drain the soybeans 2-3 times daily until sprouts appear
- This will avoid spoilage of soybeans
- It may take around 3-4 days for soybeans to sprout
- Once the soybean starts to sprout, soak the split bengal gram overnight
- Strain it the next day in a strainer
- In a pressure cooker, cook split bengal gram and sprouted soybeans together
- Add one cup of water and cook until one whistle
- Allow the pressure to release and then let it cool
- Blend soybeans and split bengal gram together to make a thick paste

- Now take the thick paste of grounded soybeans and split bengal gram in a bowl
- Add grated beetroot and boiled peas
- Then add roasted peanut powder and gram flour
- Add the rest of the spices and mix well
- Now make small round cutlets out of it
- Coat the cutlets evenly with sesame seeds on all sides
- Heat oil in a pan and cook the cutlets on both sides
- Soybean cutlet is ready

Alternative for soybean – cowpeas

5

FINGER MILLET DOSA



Energy - 279 kcal Proteins - 11 g Carbohydrates - 37 g Fat - 9 g

Ingredients:

- ¼ cup or 30 grams malted finger millet powder
 - ¼ cup or 30 grams split black gram
 - ½ teaspoon fenugreek seeds
- ½ teaspoon roasted flax seed powder
 - 1 tablespoon curd
 - Salt to taste
- 1 teaspoon oil or butter

Procedure for making malted finger millet powder

- Wash and soak finger millet for 8-10 hours.
- Strain the water and keep the finger millet in a strainer or tie it in a muslin cloth. Keep it in a warm and dry place.

- Allow them to sprout. It may take up to 2 days for finger millet to sprout.
- Once the finger millet sprouts, dry it in sunlight and grind to make fine powder

Procedure:

- Prepare the malted finger millet powder using the procedure mentioned earlier
- When the powder is ready, keep it aside for later use
- Now soak split black gram and fenugreek seeds for 3-4 hours
- Grind it by adding some water to make a smooth batter
- Now add the finger millet powder that we prepared earlier
- Also add the roasted flax seed powder to the batter
- Add curd and salt, then mix well
- Cover the batter and keep it overnight to ferment
- Once the batter rises, you can add a little water to adjust the consistency
- Heat oil in a pan and spread it all over using half an onion
- Drop a spoonful of batter into the pan and spread it in a circular motion
- Cook on the slow flame on both sides
- Tasty finger millet dosa is ready

Alternatives for finger millet- pearl millet or sorghum

6

**RAW MANGO AND
CRUNCHY PEANUT
SALAD**



Energy - 143 kcal Proteins - 6 g Carbohydrates - 11 g Fat - 8 g

Ingredients:

- 50 grams or 1 small raw mango
 - 1 tomato
- Handful of roasted peanuts
- Handful of coriander leaves

- 1 lemon
- 1 green chilli
- Salt to taste

Procedure:

- Wash, peel and deseed the raw mango
- Chop the raw mangoes and tomatoes finely
- In a bowl, take the chopped raw mangoes and tomatoes
- Add peanuts, green chilli and salt
- Squeeze one lemon on it
- Mix well
- Raw mango and crunchy peanut salad is ready

Alternatives for raw mango-any seasonal fruit.

7

FOXNUT BHEL



Energy - 145 kcal Proteins - 6 g Carbohydrates - 19 g Fat - 5 g

Ingredients:

- 3/4 cup Fox nuts (Makhana)
 - 1/4 cup chopped tomato
 - 1/4 cup chopped onion
- 2 tablespoons chopped raw mango
 - 2 tablespoons roasted peanuts
 - 2 tablespoons lemon juice
- 2 tablespoons of washed coriander leaves
 - 1/2 teaspoon chaat masala
 - 1/2 teaspoon red chilli powder

- Salt according to taste

Procedure:

- Dry roast the fox nuts in a pan on medium flame until they become crunchy
- Once roasted, remove them from the pan and let it cool down for a few minutes
- Add the rest of the ingredients to it one by one
- Mix everything well and serve

8

PANEER KEBAB



Energy - 535 kcal Proteins - 15 g Carbohydrates - 24 g Fat - 42 g

Ingredients:

- 50 grams or 2 tablespoons of grated paneer
 - 100 grams or 4 tablespoons of curd
 - ½ chopped onion
 - ½ chopped capsicum
- Handful of washed coriander leaves
- 2 tablespoons of roasted semolina

Spices required :

- ¼ teaspoon cumin powder
- ¼ teaspoon red chilli powder
- ¼ teaspoon pepper powder
- 2 tablespoons of oil or ghee
 - salt according to taste

Procedure:

For Thick Curd

- For this, put curd in a strainer and place a bowl beneath it
- Cover and keep it aside for 2 to 3 hours
- Transfer the thick curd from the strainer to a bowl
- Add chopped vegetables, grated paneer and spices to it
- Mix everything well and make round kebabs
- Coat it in roasted semolina from all sides
- Keep these kebabs in the refrigerator for 20 to 30 minutes
- Heat oil in a pan and shallow fry the kebabs
- Cook on medium flame on both sides until they turn light golden brown
- Paneer kebabs are ready

9

CUPCAKE



Energy - 741 kcal Proteins - 16 g Carbohydrates - 51 g Fat - 52 g

Ingredients:

- 30 grams or 2 tablespoons finger millet flour
 - 50 milliliters of milk
- 2 tablespoons melted salted butter
 - 1 tablespoon cocoa powder
- Paste of 5 grounded or pounded seedless dates
 - 5 chopped almonds
 - 5 chopped cashews
- ½ teaspoon baking powder
 - ¼ teaspoon baking soda

Procedure:

- Take a bowl and place a sieve on it
- Add finger millet flour, cocoa powder, baking powder and baking soda
- Sieve everything together
- To this, add melted butter and mix well
- Now add milk gradually and make a smooth batter
- Add the paste of dates and mix again
- Grease the cupcake moulds with some oil
- Pour the prepared batter into the moulds
- Add chopped nuts on top of the batter
- Place a stand inside the cooker
- Make sure not to add water in the cooker
- Preheat the pressure cooker for 10 minutes without a whistle and gasket
- After 10 minutes place the mould on the stand
- Close the lid and cook this for 25 minutes on a low flame
- Check if they are cooked by inserting a toothpick
- If the toothpick comes out clean, remove them from heat and let them cool
- If it does not come out clean, cook for another 10 minutes
- Once cooled remove them from the mould and serve

10

BAKED SWEET POTATO STRIPS



Energy - 221 kcal Proteins - 16 g Carbohydrates - 29 g Fat - 10 g

Ingredients:

- 1 medium-sized sweet potato
 - 2 teaspoons oil
- ½ teaspoon red chilli flakes
- ½ teaspoon chaat masala
 - Salt to taste
 - May add oregano

Procedure:

- Wash and peel the sweet potatoes
- Cut them into vertical slices
- In a bowl, take oil and other spices
- Put the sweet potato sticks into this bowl
- Now coat the spices on each stick evenly.
- Place a sheet of butter paper on the baking tray
- Put the sweet potato sticks on it at a distance of ½ inch from each other
- Preheat the oven to 200 degrees
- Bake them for 15 minutes
- Flip the sides and bake again for 15 minutes
- Baked sweet potato strips are ready

11

CURD AND POMEGRANATE POPSICLE



Energy - 100 kcal Proteins - 4 g Carbohydrates - 11 g Fat - 6 g

Ingredients:

- 100 grams or 1 small cup curd
- ½ small cup pomegranate seeds

Procedure:

- In a bowl, add the curd and whisk it until smooth
- To this add the pomegranate seeds and mix well
- Pour this mixture into popsicle moulds and freeze it for 4 to 6 hours
- If you do not have a mould you can pour it into a glass
- Place an ice cream stick or spoon and freeze it for 4 hours
- Remove it from the freezer
- Dip the mould in warm water and demould
- Curd and pomegranate lollipops are ready

SECTION 1
VEGETARIAN RECIPES
MINI-MEALS

1

**SORGHUM AND
TOMATO CHEELA**



Energy - 233 kcal Proteins - 11 g Carbohydrates - 38 g Fat - 3 g

Ingredients:

- 1/2 cup Sprouted sorghum
- 2 tablespoon Gram flour
- 1 teaspoon Drumstick leaves powder
 - 1 Tomato and 1/2 Onion
 - 1 tablespoon Curd
- 1/2 teaspoon red Chilli powder
- 1/2 teaspoon Coriander powder
- 1/2 teaspoon Turmeric powder
 - Salt as per taste
 - 1 teaspoon Oil

Procedure:

- Take Sorghum powder and Gram flour in a bowl
- Add rest of the ingredients and spices
- Mix well and add water gradually
- The batter should be thick pouring consistency
- Heat a pan and grease it with oil.

- Pour a spoonful of batter on the pan and spread it in a circular motion
- Cook the cheela on medium heat on both sides
- Sorghum cheela is ready

Alternatives for sorghum powder:

- Finger millet powder or
- Pearl millet powder or
- Amaranth powder

Cheela can be enjoyed with:

- Gooseberry chutney
- Coconut chutney
- Lemon pickle
- Tomato chutney or
- Curd

2

MILLET VEGETABLE KHICHDI



Energy - 236 kcal Proteins - 9 g Carbohydrates - 31 g Fat - 8 g

Ingredients:

- 1/3 cup Pearl millet
- 1/3 cup Sorghum
- 1/3 cup Green gram
- 1 tablespoon Peanuts
- 1/2 cup of mixed vegetables eg, Carrots, French beans, Peas
 - 1/2 medium sized Onion
 - 1/2 teaspoon Cumin seeds
- 1 teaspoon Curry leaves powder

- ¼ teaspoon Red chilli powder
- ¼ teaspoon Turmeric powder
 - Salt to taste
- 1 teaspoon Oil or Ghee

Procedure:

- First, soak the Pearl millet and Sorghum in water overnight
- Strain it the next morning and keep it aside
- Heat oil or ghee in a pressure cooker
- To it add cumin seeds and sliced onion
- Add the vegetables, spices, and salt and mix well
- Saute it for 2 minutes
- Add pearl millet, sorghum and green gram in the cooker
- Now add 2 cups of water and cover the pressure cooker
- Cook on high flame until 3 whistles
- Then cook for 15 minutes on low flame
- Pearl millet, and sorghum vegetable khichdi is ready

3

**STUFFED PARATHA
AND CHUTNEY**



Paratha

Energy - 356 kcal Proteins - 12 g Carbohydrates - 45 g Fat - 113 g

Chutney

Energy - 356 kcal Proteins - 12 g Carbohydrates - 45 g Fat - 113 g

Ingredients:

- 1 cup whole Wheat flour
 - ½ cup Bengal gram
 - ½ medium sized Onion
 - ½ teaspoon Carom seeds

- 1 teaspoon Flax seeds powder
- ½ teaspoon dry Mango powder
- ½ teaspoon Coriander powder
- ¼ teaspoon red Chili powder
 - 1 Lemon
 - Salt to taste
 - 2 teaspoon Oil

Procedure for making roasted bengal gram powder:

- Heat a pan and roast bengal gram for 2-3 minutes
- Stir it continuously to avoid burning
- Once it is roasted, keep it aside for cooling
- Now, grind the roasted bengal gram into fine powder

To prepare the filling:

- First mix the roasted bengal gram powder and chopped onions
- Now add red chilli powder, dry mango powder, coriander powder, salt and mix well
- Add some lime juice and water to bind the filling

To prepare the paratha:

- Take whole wheat flour in another bowl and add flax seeds, carom seeds and salt
- Add required amount of water and prepare a soft dough
- Now divide the dough into balls
- Roll out to make parathas and fill a portion of filling in the center
- Enfold the filling properly and make flat balls
- Now roll it again to make a paratha
- Heat pan and cook the paratha from both sides
- Stuffed paratha is ready

For the filling if roasted Bengal gram is not available, you may use boiled split Bengal gram or sprouted boiled Green gram

Sesame seed chutney:

Ingredients:

- ¼ cup Sesame seeds
- 1 tablespoon split Bengal gram
- 4-5 pieces of fresh Coconut

- 3-5 pieces of Tamarind
- 1 dried red Chilli
- 2-3 Garlic pods
- 1 teaspoon Cumin seeds
 - Salt to taste
 - 1 teaspoon Oil

Procedure for sesame seed chutney:

- Heat oil in a pan
- Roast the Sesame seeds, Bengal gram, Garlic, Coconut, red Chilli and Cumin seeds
- Roast it for 2 minutes
- After removing it from flame add salt and tamarind
- Grind all the ingredients
- Add half cup of water to make a smooth paste
- Sesame seed chutney is ready

4

GREEN GRAM WRAP



Energy - 239 kcal Proteins - 10 g Carbohydrates - 19 g Fat - 13 g

Ingredients:

- 30 grams or ½ cup of green gram
- 4 to 5 pieces of paneer (cottage cheese)
 - 2 tablespoons curd
 - ½ sliced carrot
 - 1 small sliced onion
 - ½ sliced capsicum
- Handful of shredded cabbage

- 1 green chilli
- Pinch of turmeric
- ¼ teaspoon chilli powder
 - Salt to taste
- 2 teaspoons of oil

Procedure:

- Wash and soak green gram overnight
- Drain the water and transfer it into a mixer jar
- Grind it into a smooth batter by adding a green chilli and ½ glass of water
- Transfer this batter to a bowl
- Add salt and mix well
- Keep this aside

To prepare the filling:

- In a bowl, add 2 tablespoons curd and whisk until smooth
- To this, add turmeric, chilli powder and salt
- Mix everything well and add paneer pieces
- Coat the pieces well
- Keep this aside for 20 minutes
- After 20 minutes, heat oil on a pan
- Shallow-fry the paneer pieces until they turn golden
- Keep these aside to cool
- Simultaneously heat 1 teaspoon of oil in a pan
- Add all the chopped vegetables
- Fry these vegetables for 5 to 10 minutes until they turn soft
- Add a pinch of salt and remove from heat
- Remember not to add salt in the beginning, or else the vegetables will become soggy
- Keep this aside for later use

Procedure to make a wrap:

- Heat oil in a pan
- Pour one spoonful of batter that we had prepared earlier
- Spread the batter uniformly like a dosa
- Cook until both sides are cooked
- This will take 3 to 4 minutes
- Transfer the prepared dosa onto a plate
- Place the fried vegetables and paneer pieces on the dosa
- Roll the dosa and serve hot

5

SPROUTED COWPEA PARATHA (stuffed flat bread)



Energy - 343 kcal Proteins - 12 g Carbohydrates - 37 g Fat - 16 g

Ingredients:

- 1/4 cup wheat flour
- 2 tablespoons sprouted cowpea
 - 1 tablespoon sesame seeds
 - 1 green chilli
 - 1 teaspoon cumin seeds
- ½ teaspoon turmeric powder
 - Salt to taste
- 2 teaspoons oil or ghee

Procedure to make paratha:

- First, using a mixer, make a coarse paste of sprouted cowpeas with green chilli
- If the mixer is unavailable, you can use a stone grinder
- Heat oil in a pan; add cumin seeds and sesame seeds
- Saute till they change colour
- Add the cowpea paste and saute for another 2 minutes
- Then add salt and turmeric powder and cook for 5 minutes
- Keep it aside to cool

Procedure to make paratha:

- Take flour in a bowl
- Knead a dough out of it by adding sufficient water
- Flatten the dough using a rolling pin
- Place the cowpea paste on the flattened dough

- Cover from all sides
- Dust some flour and roll it into a paratha
- Place it on a hot pan, and cook it on both sides
- Sprouted cowpea paratha is ready

Alternatives of cowpea-moong (green gram) or green peas

6

SPROUTED MOONG WRAP (green gram wrap)



Energy - 284 kcal Proteins - 7 g Carbohydrates - 24 g Fat - 17 g

Ingredients:

- ½ cup sprouted moong
- ¼ cup malted finger millet flour
- 1 tbsp Bengal gram flour
- ¼ cup crumbled paneer
- 1 tbsp chopped onion
- 1 tbsp chopped tomato

Procedure:

- Add 1/4th teaspoon of each:
- Turmeric powder
- Coriander and cumin seeds powder
- Cumin seeds
- Curry leaves powder
- Drumstick leaves powder
- Half lemon
- 1 tbsp of oil or ghee
- Salt to taste.

Procedure for preparing powder of curry leaves and drumstick leaves:

- Wash the leaves and dry them in the shade
- Later, powder them in a mixer or grinder
- Store the powder in a clean and dry bottle
- To prepare the malted finger millet flour, soak finger millet overnight
- Later, tie them in a muslin cloth and keep it in a warm place for 6 to 8 hours
- Once it sprouts, dry roast the finger millet sprouts on an iron skillet
- Allow it to cool
- After this, grind it using a grinder to make flour and then keep it aside
- Heat oil in a separate iron pan
- Add cumin seeds, dry spices and powders
- Add chopped onions and tomatoes and saute till they become soft
- Next, add sprouted moong and let it cook for 10 mins
- Add paneer and salt
- Cook for 5 to 10 minutes
- Add ¼ cup of water and allow it to cook for another 5 to 10 mins
- Turn off the flame and allow it to cool
- Now add lemon juice and keep the mixture aside
- Next, mix the malted finger millet flour and Bengal gram flour in a bowl
- Add lukewarm water and prepare a dough
- Now roll out, round parathas
- Cook the parathas on both sides on an iron pan
- Place the paratha on a plate and put moong mix in the centre of the paratha
- Roll them into a wrap and serve

Alternatives for moong (green gram) -moth beans or kidney beans

SECTION 2
NON-VEGETARIAN RECIPES
SNACKS

1

**EGG SPINACH
BHURJI**



Energy - 166 kcal Proteins - 6 g Carbohydrates - 3 g Fat - 14 g

Ingredients:

- 1 Egg
- ½ cup Spinach
- 1 small-sized Onion
- 1 green Chilli
- ½ teaspoon Ginger Garlic paste
- ½ teaspoon Turmeric
- Salt to taste
- 2 teaspoons Oil or butter

Procedure:

- Heat oil or butter in a pan
- Add ginger-garlic paste, green chilli and chopped onions
- Saute the onions for 2 minutes
- Now add turmeric powder and the chopped spinach
- Crack the egg into the pan
- Mix all the ingredients well
- Now, let the egg cook for 2 minutes on medium flame
- Egg Spinach Bhurji is ready to be served

SECTION 2
NON-VEGETARIAN RECIPES
MEALS

1

**MINCED CHICKEN
WITH DILL LEAVES**



Energy - 284 kcal Proteins - 21.8 g Carbohydrates - 4.46 g Fat - 19.24 g

Ingredients:

- 100 gm minced Chicken
 - 1 cup Dill leaves
 - ½ medium sized Onion
 - ½ medium sized Tomato
- 1 teaspoon Ginger Garlic paste
 - ½ teaspoon red Chilli powder
 - ½ teaspoon Turmeric powder
- 1 teaspoon Garam masala powder
 - ¼ teaspoon Coriander powder
 - Salt to taste
- 1 teaspoon Oil or Ghee

Procedure:

- Heat oil in a cooking pot
- Add onions and ginger-garlic paste
- Now saute till onions turn light golden
- Add tomatoes, red chilly powder, turmeric powder and coriander powder
- Mix well and add some salt

- Next, add minced chicken and saute for 4-5 minutes
- Pour half a cup of water and cover the pot
- Cook on low flame for 5 minutes
- Add chopped fresh dill leaves
- Mix well and cook it on a medium flame for 5 minutes
- Minced chicken with dill leaves is ready

2

FISH CURRY



Energy - 337 kcal Proteins - 23.3 g Carbohydrates - 7.45 g Fat - 22.56 g

Ingredients:

- 100 gm or 2 pieces of Rohu
 - 1 small Onion
 - 1 small Tomato
 - 1 tablespoon Peanuts
 - 3-4 pieces of Coconut
 - 1 teaspoon Cumin seeds
- ½ teaspoon Coriander powder
- ½ teaspoon Red chilli powder
- ¼ teaspoon Turmeric powder
 - Salt to taste
- 2 teaspoon Oil or Ghee

Note that this recipe can be prepared with any locally available fish in your area

Procedure:

- Roast the peanuts on a pan on medium flame
- Stir them continuously to avoid burning
- Then keep them aside to cool
- Rub the peanuts between your palms to remove the outer cover

- Grind onion, tomato, peanuts, cumin seeds and coconut into a paste
- Heat oil in a cooking pot and add the paste
- Add red chilli powder, turmeric powder, coriander powder and salt
- Saute it for 2-3 minutes
- Now add the fish pieces and 1 cup of water.
- Bring it to a boil
- Cover the vessel and cook it on a low flame for 5 minutes
- You can add chopped coriander leaves on top for garnishing
- Fish curry is ready

3

MUTTON LEG SOUP



Energy - 346 kcal Proteins - 46 g Carbohydrates - 4 g Fat - 16 g

Ingredients:

- 200 grams or 1 whole Mutton leg
 - ½ medium sized Onion
- ½ teaspoon Ginger Garlic paste
- ½ teaspoon mixed whole spices
 - 1 teaspoon Turmeric powder
 - Salt to taste
- 1 teaspoon Bengal Gram flour

Procedure:

- Wash and clean the mutton leg pieces thoroughly
- Apply half teaspoon turmeric powder on the mutton leg pieces
- Keep it aside for 15-20 minutes and wash it again
(This will remove any smell from the leg pieces)
- In a pressure cooker put the mutton leg pieces and chopped onions
- Add whole spices, ginger garlic paste, turmeric powder, and salt

- **Add 1 cup of water and cover the pressure cooker**
- **Cook it on high flame until one whistle**
- **Then lower the flame and cook for 15-20 minutes**
- **Allow the pressure from the cooker to release by itself and only then open it**
- **Simultaneously, while leg pieces are being cooked in the cooker**
- **Mix bengal gram flour with two tablespoon water to make a thin paste**
- **Add the paste to the soup and stir it well**
- **Bring the soup to boil and keep it on slow flame for 2 minutes**
- **Mutton leg soup is ready**



DRINKS

1

SPINACH DRINK



Energy - 117 kcal Proteins - 3 g Carbohydrates - 21 g Fat - 2 g

Ingredients:

- ½ cup or handful of washed spinach
 - 1 small banana
 - ½ apple
- 1 and ½ tablespoon curd

Procedure:

- Boil 1 glass of water in a vessel
- Once the water boils, add the spinach and cook for a minute
- Drain the water and keep the spinach aside to cool
- Wash, peel and chop the fruits
- Add the chopped fruits, spinach and curd to a mixer jar
- Grind this into a smooth paste
- You can add ¼ cup of water to adjust the consistency
- Transfer this into a glass and serve
- garnish it with some grated apples

2

ROASTED BENGAL GRAM BUTTERMILK



Energy - 80 kcal Proteins - 5 g Carbohydrates - 10 g Fat - 2 g

Ingredients:

- 2 tablespoons roasted Bengal gram
 - 2 tablespoons curd
 - Salt to taste
- A few washed and chopped mint leaves
 - A pinch of cumin powder

Procedure:

- Grind the roasted Bengal gram into powder
- In a bowl or glass whisk the curd until smooth
- Add one and half tablespoons of roasted bengal gram powder to this
- Mix well without any lumps
- To this add 1 glass of water and mix again
- Add a pinch of salt and cumin powder and mix again
- Transfer this to a serving glass and garnish with mint leaves
- Roasted Bengal gram powder buttermilk is ready

Snacks used during SSS workshops in schools in various states



SSS Website: <https://www.iapsss.org/>

SSS YouTube channel: <https://www.youtube.com/@sankalpsampurnaswasthya>

SSS Instagram Page: <https://www.instagram.com/sankalpsampoornaswasthya/>

Graphic Design

Yogasha Enterprise, jamnagar

email: yogashaenterprise@gmail.com