



## Vegetable Augratin ( OP W )

Serving: 1

Veg

### Ingredients

- For Low Cal White Sauce (Make  $\frac{1}{2}$  Cup )
- $\frac{1}{2}$  Cup Chopped Cauliflower Or Dudhi
- $\frac{1}{4}$  tbsp Wheat Atta
- $\frac{1}{4}$  Cup Milk
- Salt and Black Pepper Corn powder to Taste
- $\frac{1}{4}$  Garlic paste Optional
- $\frac{1}{4}$  Cup Chopped Spinach
- **Other Ingredients :**
- $\frac{1}{2}$  cup Mixed Chopped Vegetable (Boiled Carrot ,capsicum,French beans ,Broccoli  $\frac{1}{4}$  Cup Chopped onion,
- $\frac{1}{2}$  tsp Chopped Green Chillies ;  
Salt and ground Black Peppercorns to Taste  $\frac{1}{4}$  Tsp garlic Paste  
Oregano  $\frac{1}{4}$  tbsp

### Preparation Method

- **For Sauce:**
- 1. Add Cauliflower OR Dudhi , Spinach in 1 cup of water and cook for 8 to 10 mins till it turns soft. Blend it in mixture. Keep aside
- 2. Saute jowar Flour for 30 secs. Add Milk . Stir well. Add Cauliflower Or a Dudhi Puree, Salt Pepper Powder and bring to boil . In other Pan Saute Onion ,Green Chillies , Add vegetables
- 3. Add White Sauce ,Salt, Pepper . Cook till it is Thick ,Serve Hot