

Breakfast Recipes and Ideas

Avocado toast: 1 serving

1-2 slices DKB +
½ - 1 Avocado +

1 cup wilted spinach or any greens you have (you can add 1 teaspoon of olive oil in a kadai and add the green and cook on heat for 1-2 min). the greens will soften up you can add some salt and lemon juice to taste.

Tip: Easy if you have pre-washed spinach or other greens.

Home-made almond milk (can use store bought almond milk {Elmhurst} or oat milk {Oatley})

1cup slivered almonds -soaked in water over night
2-4 dates
Few shavings of vanilla bean

Discard soaked water, add 4 cups fresh water and blend in Vitamix or blender

Overnight SCO: 1 serving

1/4 cup steel cut oats (SCO)
1 table spoon chia seeds
½ cup oat milk vanilla or homemade almond milk
1 cup Chopped apples
2 tablespoons chopped walnuts (or almonds) - soaked in water overnight

Soak steel cut oats and chia overnight. In the morning discard the water and then transfer to a cooking pan with chopped apples and walnuts in about 1/2 - 3/4 cup water and cook in low flame. Usually 5 to 10 min. Then add oat or almond milk and stir. Sweeten with honey (optional).

Steel Cut Oats Upma – 2 Servings

1/2 cup steel cut oats (SCO)

Green Giant Broccoli slaw – 3 cups about 12 Oz (can substitute with Chopped cabbage, carrots)

<https://www.greengiantfresh.com/products/broccoli-slaw/>

Peas - 1 cup

Slivered Almonds- 4 tablespoons

Oil – 1 tablespoon; For seasoning – mustard 1/2 teaspoon Chana dal 1 teaspoon, curry leaves

Spices: Turmeric, green chilies, ginger and salt

Cilantro and lemon juice for garnish

Heat oil in a kadai, add the mustard and allow it to crackle, add chana dal, green chilies, ginger, Curry leaves and almonds. Add Broccoli slaw and peas and Turmeric powder and stir fry for a few minutes on medium heat. Add 1 cup water and salt to taste. When the water is boiling, add the steel cut oats and cook on low heat for 10 min till soft. Can be cooked in pressure cooker for 1 whistle.

Garnish with lemon juice and cilantro. Serve with a side of pickle.

Vegetable Poha: 2 servings

Poha – 1 cup

Green Giant Broccoli slaw – 3 cups about 12 Oz (can substitute with Chopped cabbage, carrots)

<https://www.greengiantfresh.com/products/broccoli-slaw/>

Onion – 1 small finely chopped

Tomato – 1 medium finely chopped

Peas 1 cup

Almonds- 4 tablespoon

Oil – 1 tablespoon; For seasoning – mustard, Jeera -1/4 tea spoon, curry leaves

Spices: Turmeric, Red chilli powder, Dhaniya powder, Jeera powder and salt

Cilantro and lemon juice for garnish

Place the Poha in a colander and rinse it well under running water and set aside the Poha.

Heat oil in a kadai, add the mustard and allow it to crackle, add Jeera, Curry leaves and almonds

Add onion and cook on low-medium flame till onions are translucent in the color.

Once the onions have softened, add the broccoli slaw and peas cook for 5 minutes on low-medium flame. Then add tomato and cook for few more minutes till the tomato is mixed well and is soft.

Now add all spice powders, salt and mix it well with the veggies.

Then add the soft washed flattened rice to the pan and stir gently. Garnish with lemon juice and cilantro.

Chia Pudding: 1 serving

1/4 cup chia seeds
1 tablespoon slivered almonds or walnuts
1 cup homemade almond milk
½ cup blueberries
honey (optional)

Steps:

1. Soak chia seeds and nuts overnight in 1 cup almond milk
2. Top with berries and Sweeten with honey (optional).

Oats chila: 2 servings

Ingredients:

1. 1 cup regular oats
2. 4 cups veggies
3. Chilli powder
4. Dhaniya Jeera powder
5. Salt
6. Oil for cooking
7. Cilantro & curry leaves

Roast oats on a slow flame and make a powder

Add 4 cups grated veggies and mix with very little water

Use parchment paper and pat into circles and cook both sides on a tava

Serve with chutney or pickle of your choice

Lunch Recipes and Ideas:

Quinoa Corn Puliodarai: 1 serving (batch it accordingly)

Cook ¼ cup dry Quinoa with ½ cup water and keep ready.

Thaw ½ cup no-GMO corn and keep ready.

In a pan, add 1 teaspoon oil, 1 teaspoon MTR puliodarai mix or any other paste and some curry leaves and then the thawed corn and stir fry. Turn off the stove and add the cooled cooked quinoa and mix. It's a quick meal if you have grains ready.

Brussels sprouts: High in protein. I sauté them just like you make cabbage curry/palya.

Tip: Store 1-2 packets of frozen Brussel sprouts.

Barley Risotto aka Capsicum Bath: 2 servings

Barley – ½ cup (Pulse in Vitamix or blender so it is broken into 2-3 bits like Dalia or cracked/broken wheat consistency) and soak overnight or 4-6 hours minimum

4 Bell peppers (mixed colors if available or green)

2 cup onion

1 teaspoon Coriander seeds (Dhania)

1 teaspoon Chana dal

2-3 Red chilies (adjust to taste)

¼ teaspoon black pepper

¼ cup almonds

Sesame or any high-quality oil

Salt

Cilantro for garnish

Directions:

Soak Barley O/N or for 4-6 hours and cook in 1 cup water in IP or pressure cooker for 3 whistles and keep aside

Roast in a pan without oil Dhaniya, Chanda dal, Red chilies, black pepper and almonds (Note: almonds is sensitive to heat so a light toasting will do) – powder it coarsely

In a pan, add oil, Mustard seeds, red chilies for tadka and then add the onions and sauté for 2 minutes. Now added the bell peppers and cook for 5-10 min. Don't overcook it!!!

Stir in cooked barley and coarsely ground spice powder and add salt to taste. Top with Cilantro!

Tip: Have with a side of dry roasted potato curry or any sabzi of your choice

Creamy Svelte Zone Dal Makhani – 3 servings

Ingredients:

2 cup edamame

1/2 onion

2 tomatoes

Spices: chilli powder, turmeric powder, coriander powder, and garam masala and chat masala

Oil for tadka with mustard and cumin

Salt to taste

Steps:

Cook edamame with a pinch of turmeric powder till it is soft and crumbles when u crush with the back of a spoon. When is cools blend it. In a kadai, add oil, mustard, cumin and onions and sauté. Then add the tomatoes and all dry spice powders and mix till the tomatoes mix well and become a paste. Add the blended edamame paste and rinse the jar with water to desired consistency. Add salt to taste Simmer for 5 mins. Garnish with coriander if u have

Oats Kara Bath (Karnataka style) – 2 Servings

Ingredients:

1/2 cup oats,

1/4 cup almonds

1/2 bag mixed veggies

1 large onion

1 medium tomato

Lots of cilantro for Garnish

Spices: 3 teaspoon sambar powder, 1 tea spoon coriander powder 1 teaspoon bisibelabath powder, 1/2 teaspoon turmeric powder and 1/2 tea spoon garam masala

Cook oats in 1 cup water for 2 whistles in a pressure cooker.

In a kadai add oil, tadka with almonds and then Onion and fry for a few minutes. Now add the veggies (I used frozen thawed) and then the tomatoes and all the masala Powders. Once it is well cooked add salt to taste and mix with the cooked oats. Garnish with cilantro

Quinoa Mediterranean Bowl

Ingredients:

Quinoa – ½ cup
4 cups Butternut Squash
2 cups asparagus
2 cup cucumber
1 cup red onion
2 cup peas
4 cloves garlic –
Italian Seasoning
Salt
Pepper
Almond Butter – 2 tablespoons
Olive oil – 2 tablespoons
Juice of ½ lemon
Siracha sauce – as per taste

Directions:

Cook Quinoa in 1 cup water

Roast all veggies (except cucumber) in 1 ½ tablespoon of olive oil, Italian seasoning, salt and pepper in oven for 10 min at 400C.

Veggies should be crunchy still soft (don't overcook!!!!)

Spicy Dressing: combine Almond Butter, ½ tablespoon olive oil + juice of ½ lemon, Italian seasoning, salt, pepper and siracha and drizzle on top.

Assemble Quinoa, roasted veggies, cucumber, and top with spicy dressing!

Can top with any additional veggies

Kimchee Pancake: 2 servings

Ingredients:

1 cup regular oats (powdered) or Oat flour

½ cup Kimchee

4 cups veggies (Mushrooms, Red peppers, Cabbage, Red onions, Zucchini, Carrots, Scallions)

Chili powder

Salt

Sesame Oil for cooking

Add kimchee on a wide bowl and then oats flour and cut veggies and mix with very little water to form a thick batter. Pour into a non-stick pan and cook both sides on a nonstick pan.



Soups:

Corn and tomato soup

Frozen corn - 4 cups

Red onion - 1 large about 1 1/2 cups

Tomatoes - 1 cup chopped

Rao's garlic pasta sauce - 1 cup

Garlic - 5 large pods

Olive oil - to sauté

Salt and pepper to taste

Coriander and optional lemon grass to garnish

In a large pot, add olive oil and sauté the garlic and red onions till they get translucent. Add the thawed frozen corn and tomatoes and stir for 5 min. Add 1 cup pasta sauce and 4 cups water and cook for another 10 min on low heat. Reserve some corn chunks for garnish and blend rest into a creamy texture. Add salt and pepper to taste and serve with corn and chopped cilantro/lemongrass.



Coconut Broccoli Ginger Soup

Broccoli- 2 cups (I used frozen baby broccoli)

Onion - 1/2 of a large onion

Ginger- 2 inches

Tomato- 2 small

Coconut flakes - 2 tablespoons

Almonds - 1 table spoon

Chilli powder, turmeric powder, cumin powder and coriander powder and salt to taste

Method:

Add 1 teaspoon olive oil and sauté the onions and ginger and then tomatoes and Broccoli and cook till soft. Now add the almonds, coconut flakes and all dry spices. Add 6 cups of water and simmer.

Cool and blend. Garnish with dried parsley and chilli flakes.