

Vegetable Ragi Pitha

Nutritive value per serving

Energy (Kcal)	319
Protein (g)	6
Fat (g)	7.43
Mineral (g)	1.61
Fibre (g)	2.19
Calcium (mg)	152.5
Iron (mg)	2.37
Carotene (µg)	251.6

Method

1. Chop vegetables.
2. Blanch all vegetables except onion.
3. Heat oil, stir-fry chilli, onion, ginger and garlic paste.
4. Add blanched vegetables, salt and other spices.
5. Cook for 2 minutes.
6. Make dough by mixing flour with water.
7. Divide dough and fillings into six portions.
8. Roll out each dough portion into small oval shape.
9. Place fillings in centre and bring the edges together in round shape.
10. Boil water, put balls into boiling water and cook for 15 minutes.
11. Serve hot with chutney.

Ingredients	Weight	Measure/No.
Rice flour	100 g	½ cup
Ragi flour	100 g	2/3 cup
Water (as required)	300 ml	1 cup (approx.)
Fillings		
Onion	75 g	2 small size
Cabbage	(Chopped) 50 g	½ cup
Capsicum	25 g	1 small size
Carrot	25 g	1 small size
Beans	20 g	6 piece
Potato	20 g	1 small size
Oil	20 ml	2 dsp
Black pepper powder	2.5 g	1 tsp
Green chilli	2 g	1 piece
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Salt	to taste	to taste
Cooked preparation	420 g	6

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