

Time	Narration
00:00	Welcome to the Spoken tutorial on Magnesium rich vegetarian recipes.
00:06	In this tutorial, we will learn about:
00:09	Benefits of magnesium ,
00:11	Vegetarian sources of magnesium
00:13	and Magnesium rich vegetarian recipes.
00:18	Magnesium is a mineral which is an essential nutrient required by the body.
00:24	It is among the Type 2 nutrients which has been explained in an another tutorial.
00:31	Please visit our website for this tutorial.
00:35	Magnesium is required for healthy bones and teeth as well.
00:40	We also need magnesium for energy production
00:44	and DNA synthesis.
00:47	The importance of magnesium has been explained in another tutorial.

00:52	Magnesium is present in
00:54	beans, nuts,
00:56	seeds, leafy vegetables
00:59	and grains.
01:01	Intake of magnesium and its absorption in the body both are equally important.
01:08	Fermentation, roasting,
01:10	germination and cooking improves the absorption.
01:15	Soaking beans before cooking also does the same.
01:20	Now, let us see the preparation of our first recipe, sprouted moth beans cutlet.
01:27	To prepare this recipe, you will need:

01:31	¼ cup sprouted moth beans,
01:34	1 cup washed and chopped spinach,
01:37	1 tablespoon Bengal gram flour,
01:40	4 to 5 cloves of garlic,
01:43	1 tsp lemon juice,
01:45	1 tablespoon roasted sesame seeds
01:49	and salt to taste.
01:51	You also need:
01:53	1 teaspoon red chili powder
01:55	3 teaspoons of oil
01:58	I will now explain the procedure:
02:00	For sprouting, soak moth beans overnight.

02:05	Drain it in the morning and tie them in a clean muslin cloth.
02:10	Leave them in a warm place to germinate for 2 days.
02:15	Please note that different legumes take different time for germination.
02:20	Once the sprouts are ready add garlic to it and grind it into a coarse paste.
02:27	You can use a mixer or a stone grinder to make the paste.
02:32	Heat a pan and roast the sesame seeds till they turn light golden.
02:37	Let them cool.
02:39	To make the cutlets, take the sprouts paste in a bowl.
02:43	Add roasted sesame seeds, spinach, gram flour, spices, salt and lemon juice.
02:52	Mix them well.
02:54	If the paste is dry, add 1 tablespoon water.
02:59	Divide the paste into 4 portions

03:01	and shape them into cutlets.
03:04	Heat the oil in a pan.
03:06	Shallow fry the cutlets on medium heat till both sides turn golden brown.
03:12	Moth beans spinach cutlets are ready.
03:15	4 cutlets contains around 208 mg of magnesium .
03:22	Our next recipe is sunflower seeds chutney (dip).
03:26	For this recipe, you need:
03:28	2 tablespoon of sunflower seeds
03:32	1 green chilli 4 to 5 cloves of garlic
03:36	1 small chopped tomato
03:39	Salt to taste
03:41	½ teaspoon oil or ghee

03:44	<p>Procedure:</p> <p>Roast sunflower seeds till they turn light brown on medium heat.</p>
03:50	Then allow them to cool.
03:52	Heat oil or ghee in a pan
03:55	and saute the chopped tomato.
03:57	Keep it aside to cool
04:00	Grind both into a paste along with garlic, chilli, salt and water.
04:07	Sunflower seeds chutney is ready.
04:10	2 tablespoons of this chutney contains around 133 mg of magnesium .
04:17	Next recipe is cowpea sprouts paratha (stuffed flat bread).
04:21	The procedure for making sprouts has been explained earlier in this tutorial.
04:27	For this recipe, you will need:

04:30	1/4 cup wheat flour
04:32	2 tablespoons cowpea sprouts
04:36	1 tablespoon sesame seeds
04:39	1 green chilli
04:40	1 teaspoon cumin seeds
04:43	½ teaspoon turmeric powder
04:46	You also need, Salt to taste
04:49	and 2 teaspoons of oil or ghee.
04:53	First, make a coarse paste of cowpea sprouts with green chili using a mixer.
05:00	If the mixer is not available you can use a stone grinder.
05:05	Heat oil in a pan, add cumin seeds and then sesame seeds.
05:11	Saute till they change color.

05:13	Add the cowpea paste and saute for another 2 minutes.
05:19	Then add salt and turmeric powder and cook for 5 minutes.
05:24	Keep it aside to cool.
05:27	To make the paratha take the flour in a bowl.
05:31	Knead a dough out of it by adding sufficient water.
05:35	Flatten the dough using a rolling pin.
05:39	Place the cowpea paste on the flattened dough.
05:42	Cover from all sides.
05:44	Dust some flour
05:46	and roll it into a paratha.
05:49	Heat a pan and cook the paratha on both sides by applying ghee or oil.
05:55	Cowpea sprouts paratha is ready.

05:59	One paratha contains around 173 mg of magnesium .
06:05	Next recipe is sprouted bengal gram dry curry.
06:09	For this recipe, you will need::
06:12	$\frac{1}{4}$ cup Bengal gram sprouts
06:15	1 cup washed fenugreek leaves
06:19	1 medium chopped tomato
06:21	and 1 medium chopped onion
06:25	You will also need:
06:27	$\frac{1}{2}$ teaspoon turmeric powder,
06:29	$\frac{1}{2}$ teaspoon red chilli powder,
06:31	1 tablespoon roasted peanut powder,
06:35	1 teaspoon oil
06:37	and salt to taste

06:39	<p>Procedure:</p> <p>Pressure cook sprouted bengal gram until 2 whistles.</p>
06:45	Wait till the pressure is released.
06:47	Heat oil in a pan,
06:49	add onions and fry till they change color.
06:53	Add the tomatoes and cook till they become soft.
06:57	Add fenugreek leaves and cook for 5 minutes.
07:02	Now add the spices, salt and sprouted bengal gram and mix well.
07:08	To this, add peanut powder
07:11	Cover the pan with a lid and cook for 5 to 10 minutes.
07:15	Sprouted bengal gram dry curry is ready.
07:19	½ bowl of this curry contains around 141 mg of magnesium .

07:26	The last recipe is amaranth leaves stir fry.
07:30	For this recipe, you need:
07:33	100 grams of washed amaranth leaves,
07:36	4 cloves of garlic,
07:38	1 small onion,
07:40	2 tablespoons grated coconut,
07:43	2 Green chilies,
07:45	Pinch of turmeric and salt to taste.
07:49	You will also require 1 teaspoon of oil.
07:53	Procedure: Heat oil in a pan.
07:56	Add garlic, green chilies and onion

08:01	Fry till they change color.
08:03	Now add the amaranth leaves and mix well.
08:07	Close with a lid and cook for 5 to 7 minutes.
08:12	Add salt and turmeric and cook for 1 min.
08:16	To this add the grated coconut and cook for 5 minutes.
08:21	Amaranth leaves stir fry is ready.
08:25	½ bowl of this stir fry contains around 209 milligrams of magnesium .
08:31	Include these magnesium rich recipes in your daily diet for a good health.
08:37	This brings us to the end of this tutorial Thanks for joining