

Bangladeshi/Indian Food

1. Shorshe Ilish (Hilsa Fish in Mustard Sauce)

Ingredients:

- 4 pieces of Hilsa fish (about 400g)
- 3 tbsp mustard seeds
- 1 tbsp poppy seeds (optional)
- 2-3 green chilies
- 1/2 tsp turmeric powder
- Salt to taste
- 3 tbsp mustard oil
- 1/2 cup water

Instructions:

1. Soak mustard seeds and poppy seeds in water for 30 minutes. Grind them into a fine paste with green chilies.
2. Marinate the fish pieces with turmeric powder and salt for 15 minutes.
3. Heat mustard oil in a pan and lightly fry the fish pieces until golden. Remove and set aside.
4. In the same oil, add the mustard paste, turmeric, and salt. Cook for 2-3 minutes on medium heat.
5. Add water and bring the mixture to a boil.
6. Gently add the fish pieces and simmer for 10-15 minutes until the flavors meld.
7. Serve hot with steamed rice.

****Calories:**** Approximately 350-400 kcal per serving (2 pieces with sauce).

****Health Assessment:**** Healthy. Hilsa fish is rich in omega-3 fatty acids, good for heart health, and mustard oil adds antioxidants. However, the frying step increases fat content slightly.

2. Begun Bhaja (Fried Eggplant)

Ingredients:

- 1 large eggplant (about 300g), sliced into rounds
- 1 tsp turmeric powder
- 1 tsp red chili powder
- Salt to taste
- 2 tbsp mustard oil or vegetable oil
- 1 tsp rice flour (optional, for crispiness)

Instructions:

1. Rub the eggplant slices with turmeric, chili powder, salt, and rice flour. Let sit for 10 minutes.
2. Heat oil in a frying pan over medium heat.
3. Fry the eggplant slices in batches until golden brown and crispy on both sides (about 3-4 minutes per side).
4. Drain excess oil on paper towels.
5. Serve hot as a side dish with dal and rice.

****Calories:**** Approximately 150-200 kcal per serving (3-4 slices).

****Health Assessment:**** Moderately healthy. Eggplant is low - Moderately healthy. Eggplant is low in calories and high in fiber, but frying increases the fat content, making it less healthy than steamed alternatives.

3. Chicken Rezala

Ingredients:

- 500g chicken, cut into pieces
- 1 cup yogurt
- 2 tbsp cashew paste
- 1 tbsp poppy seed paste

- 2 onions, finely chopped
- 1 tbsp ginger-garlic paste
- 2-3 green chilies
- 1 tsp garam masala
- 2 tbsp ghee
- Salt to taste
- 1/2 cup water

****Instructions:****

1. Marinate chicken with yogurt, ginger-garlic paste, and salt for 1 hour.
2. Heat ghee in a pan, add onions, and fry until golden brown.
3. Add cashew and poppy seed paste, cooking for 2-3 minutes.
4. Add the marinated chicken and cook on medium heat for 10 minutes.
5. Add water, green chilies, and garam masala. Simmer for 20-25 minutes until the chicken is tender and the gravy thickens.
6. Serve with naan or rice.

****Calories:**** Approximately 400-450 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Chicken provides protein, but the use of ghee and cashew paste increases fat and calorie content.

4. Aloo Posto (Potatoes in Poppy Seed Paste)

****Ingredients:****

- 4 medium potatoes, cubed
- 3 tbsp poppy seeds
- 2 green chilies
- 1/2 tsp turmeric powder

- 2 tbsp mustard oil
- Salt to taste
- 1/2 cup water

****Instructions:****

1. Soak poppy seeds in water for 30 minutes, then grind with green chilies into a paste.
2. Heat mustard oil in a pan, add potatoes, and fry until lightly golden.
3. Add poppy seed paste, turmeric, and salt. Stir for 2-3 minutes.
4. Add water and cook covered on low heat for 15 minutes until potatoes are soft.
5. Serve with steamed rice.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Potatoes provide carbs and fiber, and poppy seeds add healthy fats, though mustard oil increases calorie density slightly.

5. Bhapa Chingri (Steamed Prawns in Mustard)

****Ingredients:****

- 300g prawns, cleaned and deveined
- 2 tbsp mustard seeds
- 1 tbsp poppy seeds
- 1 tsp turmeric powder
- 2 green chilies
- 2 tbsp coconut milk
- 2 tbsp mustard oil
- Salt to taste

****Instructions:****

1. Grind mustard seeds, poppy seeds, and green chilies into a paste.
2. Mix the paste with prawns, turmeric, salt, coconut milk, and mustard oil in a heatproof bowl.
3. Place the bowl in a steamer or double boiler and steam for 20-25 minutes.
4. Serve hot with rice.

****Calories:**** Approximately 300-350 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Prawns are high in protein and low in fat, and steaming keeps it light. Coconut milk adds some saturated fat but in moderation.

6. Dal Gosht (Lentil and Meat Curry)

****Ingredients:****

- 500g mutton or lamb, cubed
- 1 cup chana dal (split chickpeas)
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp garam masala
- 2 tbsp ghee or oil
- Salt to taste
- 4 cups water

****Instructions:****

1. Soak chana dal in water for 30 minutes, then drain.
2. Heat ghee in a pressure cooker, add onions, and fry until golden.
3. Add ginger-garlic paste, turmeric, chili powder, and salt. Cook for 2 minutes.

4. Add mutton and cook until browned, about 10 minutes.
5. Add soaked dal and water. Pressure cook for 20-25 minutes (3-4 whistles).
6. Stir in garam masala and simmer for 5 minutes.
7. Serve with rice or naan.

****Calories:**** Approximately 500-550 kcal per serving (1.5 cups).

****Health Assessment:**** Moderately healthy. High in protein from meat and lentils, but ghee and red meat add saturated fat.

7. Chingri Malai Curry (Prawn Coconut Curry)

****Ingredients:****

- 400g prawns, cleaned
- 1 cup coconut milk
- 1 onion, finely chopped
- 1 tsp ginger paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 green chilies, slit
- 2 tbsp mustard oil
- Salt to taste

****Instructions:****

1. Marinate prawns with turmeric and salt for 15 minutes.
2. Heat mustard oil in a pan, lightly fry prawns for 2-3 minutes, then set aside.
3. In the same oil, fry onions until soft, then add ginger paste, turmeric, and chili powder.
4. Pour in coconut milk and bring to a simmer.
5. Add prawns and green chilies, cooking for 10 minutes until the gravy thickens.

6. Serve with steamed rice.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Prawns are lean protein, and coconut milk provides healthy fats, though it's calorie-dense.

8. Kacchi Biryani (Raw Meat Biryani)

****Ingredients:****

- 500g mutton, marinated overnight with yogurt, salt, and spices
- 2 cups basmati rice, soaked
- 2 onions, sliced and fried
- 1 tbsp ginger-garlic paste
- 1 tsp garam masala
- 1 tsp saffron in warm milk
- 4 tbsp ghee
- Salt to taste

****Instructions:****

1. Layer half the soaked rice in a heavy pot.
2. Place marinated mutton over the rice, then top with remaining rice.
3. Sprinkle fried onions, garam masala, and saffron milk. Drizzle ghee on top.
4. Seal the pot with dough or a tight lid and cook on low heat for 1.5 hours.
5. Serve hot with raita.

****Calories:**** Approximately 600-700 kcal per serving (1.5 cups).

****Health Assessment:**** Unhealthy if frequent. High in carbs, fats, and calories due to ghee and rice, though protein-rich from mutton.

9. Aloo Bharta (Mashed Potato Curry)

Ingredients:

- 4 medium potatoes, boiled and mashed
- 1 onion, finely chopped
- 2 green chilies, chopped
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 2 tbsp mustard oil
- Salt to taste

Instructions:

1. Heat mustard oil in a pan, add cumin seeds, and let them splutter.
2. Add onions and green chilies, frying until golden.
3. Stir in turmeric and salt, then add mashed potatoes.
4. Cook for 5-7 minutes, mixing well.
5. Serve with rice or roti.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Potatoes provide energy and fiber, though oil adds fat.

10. Fulkopir Dalna (Cauliflower Curry)

Ingredients:

- 1 medium cauliflower, cut into florets
- 2 potatoes, cubed

- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp mustard oil
- 1 cup water
- Salt to taste

****Instructions:****

1. Heat mustard oil, add cumin seeds, and let them crackle.
2. Add potatoes and fry for 5 minutes, then add cauliflower.
3. Stir in turmeric, chili powder, and salt. Cook for 3 minutes.
4. Add water, cover, and simmer for 15-20 minutes until tender.
5. Serve with rice or paratha.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high-fiber vegetables with minimal oil.

11. Macher Jhol (Fish Stew)

****Ingredients:****

- 500g Rohu or carp fish, cut into pieces
- 1 potato, sliced
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 2 green chilies, slit
- 2 tbsp mustard oil
- 2 cups water
- Salt to taste

****Instructions:****

1. Rub fish with turmeric and salt, then lightly fry in mustard oil. Set aside.
2. In the same oil, fry potatoes until golden.
3. Add cumin powder, turmeric, and salt, then pour in water.
4. Add fish and green chilies, simmering for 15 minutes.
5. Serve with rice.

****Calories:**** Approximately 300-350 kcal per serving (1.5 cups).

****Health Assessment:**** Healthy. Fish is rich in protein and omega-3s, with light spices.

12. Cholar Dal (Bengali Lentils)

****Ingredients:****

- 1 cup chana dal, soaked
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 dried red chilies
- 1 tbsp ghee
- 1 tbsp grated coconut
- 1 tsp sugar
- Salt to taste
- 3 cups water

****Instructions:****

1. Boil chana dal with turmeric and salt until soft, about 20 minutes.
2. Heat ghee, add cumin seeds and red chilies, and let them splutter.
3. Pour this tempering into the dal, add sugar and coconut, then simmer for 5 minutes.

4. Serve with luchi or rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Lentils are protein-rich, though ghee and sugar add calories.

13. Chicken Chaap

****Ingredients:****

- 500g chicken thighs
- 1 cup yogurt
- 2 tbsp cashew paste
- 1 tsp poppy seed paste
- 1 tsp garam masala
- 1 onion, blended
- 3 tbsp ghee
- Salt to taste

****Instructions:****

1. Marinate chicken with yogurt, cashew paste, poppy seed paste, and salt for 2 hours.
2. Heat ghee, fry onion paste until golden, then add garam masala.
3. Add marinated chicken and cook on low heat for 30-40 minutes until tender.
4. Serve with naan or biryani.

****Calories:**** Approximately 450-500 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Protein-rich but high in fat from ghee and nuts.

14. Lau Ghonto (Bottle Gourd Curry)

Ingredients:

- 1 medium bottle gourd, grated
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 2 green chilies, chopped
- 1 tbsp mustard oil
- Salt to taste

Instructions:

1. Heat mustard oil, add cumin seeds, and let them crackle.
2. Add grated bottle gourd, turmeric, green chilies, and salt.
3. Cook on low heat, stirring occasionally, for 20 minutes until soft and dry.
4. Serve with rice.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high-fiber, and light on oil.

15. Mishti Doi (Sweet Yogurt)

Ingredients:

- 1 liter full-fat milk
- 1/2 cup sugar
- 2 tbsp yogurt (starter)
- 1 tsp cardamom powder

Instructions:

1. Boil milk, reduce to 3/4 liter, then cool slightly.

2. Mix in sugar and cardamom powder until dissolved.
3. Add yogurt starter, stir well, and pour into earthen pots or a bowl.
4. Let it set in a warm place for 6-8 hours.
5. Chill before serving.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Calcium-rich but high in sugar.

16. Mango Lassi

****Ingredients:****

- 1 cup plain yogurt
- 1 ripe mango, peeled and chopped
- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, mango, honey, and cardamom until smooth.
2. Add ice cubes and blend again until chilled and frothy.
3. Serve immediately in tall glasses.

****Calories:**** Approximately 180-220 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Rich in probiotics and vitamin C, though honey adds sugar.

17. Kesar Badam Milk (Saffron Almond Milk)

Ingredients:

- 1 liter full-fat milk
- 10-12 almonds, soaked and ground to a paste
- 1/4 tsp saffron strands (soaked in 2 tbsp warm milk)
- 3 tbsp sugar
- 1/2 tsp cardamom powder

Instructions:

1. Boil milk and reduce it slightly over medium heat.
2. Stir in almond paste, saffron milk, sugar, and cardamom.
3. Simmer for 5 minutes, stirring occasionally.
4. Serve warm or chilled.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Nutritious. High in protein and healthy fats, but calorie-dense.

18. Coconut Rice Pudding

Ingredients:

- 1/2 cup short-grain rice
- 2 cups coconut milk
- 1 cup water
- 1/4 cup jaggery (or brown sugar)
- 1 tsp vanilla extract

Instructions:

1. Rinse rice and cook with coconut milk and water until soft (about 20 minutes).

2. Stir in jaggery and vanilla, cooking until dissolved and thickened.
3. Serve warm or cold, optionally topped with toasted coconut.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Good source of energy, but high in carbs.

19. Shrikhand (Saffron Yogurt Dessert)

****Ingredients:****

- 2 cups thick yogurt (hung in a cloth for 4-5 hours to drain whey)
- 1/4 cup powdered sugar
- 1/4 tsp saffron strands (soaked in 1 tbsp warm milk)
- 1/2 tsp cardamom powder
- 1 tbsp chopped pistachios

****Instructions:****

1. Mix hung yogurt with sugar, saffron milk, and cardamom until smooth.
2. Chill for 1-2 hours.
3. Garnish with pistachios before serving.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in protein and calcium, moderate sugar content.

20. Cardamom Rice Kheer

****Ingredients:****

- 1/4 cup basmati rice

- 1 liter full-fat milk
- 1/3 cup sugar
- 1 tsp cardamom powder
- 1 tbsp sliced almonds

****Instructions:****

1. Rinse rice and simmer with milk on low heat for 30-40 minutes, stirring often.
2. Add sugar and cardamom, cooking until thickened.
3. Garnish with almonds and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Nutrient-rich but high in sugar and carbs.

21. Rose Falooda

****Ingredients:****

- 1 cup milk
- 2 tbsp rose syrup
- 1 tbsp soaked basil seeds (sabja/tukmaria)
- 1/4 cup cooked vermicelli
- 1 scoop vanilla ice cream

****Instructions:****

1. Mix milk and rose syrup, then chill.
2. Layer a glass with vermicelli, basil seeds, and rose milk.
3. Top with ice cream and serve immediately.

****Calories:**** Approximately 300-350 kcal per serving (1 glass).

****Health Assessment:**** Indulgent. Fun treat with some fiber from seeds, but high in sugar.

22. Paneer Kheer

****Ingredients:****

- 1 liter full-fat milk
- 1/2 cup crumbled paneer (Indian cottage cheese)
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped cashews

****Instructions:****

1. Boil milk and reduce to 3/4 volume.
2. Add paneer, sugar, and cardamom, stirring until slightly thick.
3. Garnish with cashews and serve warm or cold.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. High in protein and calcium, but sugar adds calories.

23. Banana Raita

****Ingredients:****

- 1 cup plain yogurt
- 2 ripe bananas, mashed
- 1 tbsp honey
- 1/4 tsp roasted cumin powder
- Pinch of salt

****Instructions:****

1. Whisk yogurt until smooth.
2. Mix in mashed bananas, honey, cumin, and salt.
3. Chill for 30 minutes before serving.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Potassium-rich and probiotic, with moderate sweetness.

24. Gulkand Milkshake

****Ingredients:****

- 1 cup chilled milk
- 2 tbsp gulkand (rose petal jam)
- 1 tbsp sugar (optional)
- 1/4 cup ice cubes
- 1 tsp chopped almonds

****Instructions:****

1. Blend milk, gulkand, sugar, and ice until frothy.
2. Pour into a glass, top with almonds, and serve cold.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Aromatic and cooling, but sugar-heavy.

25. Cinnamon Date Yogurt

****Ingredients:****

- 1 cup plain yogurt
- 5-6 dates, pitted and chopped
- 1/2 tsp cinnamon powder
- 1 tbsp honey

****Instructions:****

1. Mix yogurt, chopped dates, cinnamon, and honey until well combined.
2. Let it sit for 10 minutes to soften dates.
3. Serve chilled or at room temperature.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Fiber from dates and probiotics, with natural sweetness.

26. Almond Saffron Phirni

****Ingredients:****

- 1/4 cup rice, soaked and ground to a coarse paste
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/4 tsp saffron strands (soaked in 2 tbsp warm milk)
- 1 tbsp chopped almonds

****Instructions:****

1. Boil milk, add rice paste, and cook on low heat for 20-25 minutes, stirring often.
2. Stir in sugar and saffron milk until thickened.

3. Pour into bowls, garnish with almonds, and chill before serving.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Rich in calcium, but high in carbs and sugar.

27. Coconut Ladoo

****Ingredients:****

- 2 cups grated fresh coconut
- 1 cup condensed milk
- 1/2 tsp cardamom powder
- 1 tbsp ghee (clarified butter)

****Instructions:****

1. Heat ghee in a pan, add coconut, and sauté for 2-3 minutes.
2. Stir in condensed milk and cardamom, cooking until the mixture thickens (about 10 minutes).
3. Cool slightly, shape into small balls, and let set for an hour.

****Calories:**** Approximately 150-200 kcal per serving (2 small ladoos).

****Health Assessment:**** Indulgent. High in fats and sugar, but satisfying in small portions.

28. Spiced Buttermilk (Chaas)

****Ingredients:****

- 1 cup plain yogurt
- 2 cups water
- 1/2 tsp roasted cumin powder

- 1/4 tsp black salt
- 1 tbsp chopped mint leaves

****Instructions:****

1. Whisk yogurt and water until smooth.
2. Add cumin powder, black salt, and mint, stirring well.
3. Serve chilled with ice if desired.

****Calories:**** Approximately 80-100 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, probiotic-rich, and hydrating.

29. Rabri (Thickened Milk Dessert)

****Ingredients:****

- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped pistachios

****Instructions:****

1. Boil milk in a wide pan, simmering on low heat for 1-2 hours, stirring occasionally and scraping the sides.
2. Once reduced to 1/4 volume, add sugar and cardamom, stirring until dissolved.
3. Cool slightly, garnish with pistachios, and serve warm or chilled.

****Calories:**** Approximately 300-350 kcal per serving (1/2 cup).

****Health Assessment:**** Rich but heavy. High in calcium, though calorie-dense.

30. Pineapple Kesari

Ingredients:

- 1/2 cup semolina (rava)
- 1 cup pineapple, finely chopped
- 1 cup water
- 1/2 cup sugar
- 2 tbsp ghee

Instructions:

1. Heat ghee, roast semolina until aromatic, then set aside.
2. Boil water, add pineapple and sugar, then stir in roasted semolina.
3. Cook until thick (5-7 minutes), stirring constantly, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Fruity and filling, but high in sugar.

31. Turmeric Milk Panna Cotta

Ingredients:

- 2 cups full-fat milk
- 1/2 tsp turmeric powder
- 1/4 cup honey
- 1 tsp gelatin (or agar-agar for vegetarian)
- 1/2 tsp vanilla extract

Instructions:

1. Heat milk with turmeric and honey until warm, then dissolve gelatin in it.
2. Add vanilla, stir well, and pour into molds.
3. Chill for 4-6 hours until set, then serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Anti-inflammatory turmeric and protein-rich milk.

32. Sweet Potato Halwa

****Ingredients:****

- 2 cups grated sweet potato
- 1 cup milk
- 1/3 cup jaggery
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, sauté sweet potato for 5 minutes.
2. Add milk and cook until soft and thickened (15-20 minutes).
3. Stir in jaggery and cardamom, cook for 5 more minutes, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. High in fiber and vitamins, with natural sweetness.

33. Chia Seed Kheer

****Ingredients:****

- 1/4 cup chia seeds
- 2 cups milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp raisins

****Instructions:****

1. Soak chia seeds in milk for 1 hour until they swell.
2. Heat the mixture, add sugar and cardamom, and cook for 5-10 minutes until slightly thick.
3. Garnish with raisins and serve warm or chilled.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Very healthy. High in omega-3s, fiber, and calcium.

34. Fig and Honey Yogurt

****Ingredients:****

- 1 cup plain yogurt
- 4-5 fresh figs, chopped
- 2 tbsp honey
- 1/4 tsp cinnamon powder

****Instructions:****

1. Mix yogurt with honey and cinnamon until smooth.
2. Fold in chopped figs gently.
3. Chill for 30 minutes and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber, probiotics, and natural sugars.

35. Makhana Kheer (Foxnut Pudding)

****Ingredients:****

- 1 cup makhana (foxnuts)
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped cashews

****Instructions:****

1. Roast makhana in a dry pan until crisp, then crush half lightly.
2. Boil milk, add makhana, and simmer for 20-25 minutes until thickened.
3. Stir in sugar and cardamom, garnish with cashews, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Low in fat, high in protein and minerals.

36. Anjeer Halwa (Fig Pudding)

****Ingredients:****

- 10-12 dried figs, soaked and pureed
- 1 cup milk

- 1/4 cup sugar
- 1 tbsp ghee
- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, add fig puree, and cook for 5 minutes.
2. Pour in milk and sugar, stirring until thickened (10-15 minutes).
3. Add cardamom, mix well, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. High in fiber and iron, though sugar adds calories.

37. Peanut Milkshake

****Ingredients:****

- 1/4 cup roasted peanuts
- 1 cup chilled milk
- 2 tbsp jaggery syrup
- 1/4 tsp cinnamon powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend peanuts, milk, jaggery, and cinnamon until smooth.
2. Add ice and blend again until frothy.
3. Serve immediately in a chilled glass.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Protein-rich, but high in natural fats.

38. Sabudana Kheer (Tapioca Pudding)

Ingredients:

- 1/4 cup sabudana (tapioca pearls), soaked for 2 hours
- 1 liter full-fat milk
- 1/3 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds

Instructions:

1. Boil milk, add soaked sabudana, and cook on low heat for 20-25 minutes until soft.
2. Stir in sugar and cardamom, cooking until thickened.
3. Garnish with almonds and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Gluten-free energy source, but high in carbs.

39. Cucumber Mint Raita

Ingredients:

- 1 cup plain yogurt
- 1/2 cup grated cucumber
- 1 tbsp chopped mint leaves
- 1/4 tsp roasted cumin powder
- Pinch of salt

****Instructions:****

1. Whisk yogurt until smooth.
2. Mix in cucumber, mint, cumin, and salt.
3. Chill for 20 minutes before serving.

****Calories:**** Approximately 80-120 kcal per serving (1/2 cup).

****Health Assessment:**** Very healthy. Low-calorie, hydrating, and probiotic-rich.

40. Oats and Dates Payasam

****Ingredients:****

- 1/2 cup rolled oats
- 2 cups milk
- 6-8 dates, pitted and chopped
- 1/4 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, lightly toast oats, then add milk and dates.
2. Cook on low heat for 10-15 minutes until creamy.
3. Stir in cardamom and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber and natural sweetness.

41. Strawberry Yogurt Parfait

****Ingredients:****

- 1 cup plain yogurt
- 1 cup fresh strawberries, chopped
- 2 tbsp honey
- 1/4 cup granola

****Instructions:****

1. Layer yogurt, strawberries, and a drizzle of honey in a glass.
2. Top with granola for crunch.
3. Serve immediately or chill for 30 minutes.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Rich in antioxidants and probiotics, with some sugar.

42. Bottle Gourd Kheer (Lauki Kheer)

****Ingredients:****

- 1 cup grated bottle gourd (lauki)
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped cashews

****Instructions:****

1. Boil milk, add grated bottle gourd, and cook for 20 minutes until soft.
2. Stir in sugar and cardamom, simmering until thickened.
3. Garnish with cashews and serve warm or chilled.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Low in fat, high in nutrients, moderate sugar.

43. Sesame Milk Burfi

****Ingredients:****

- 1 cup sesame seeds, lightly roasted
- 1/2 cup milkpowder
- 1/2 cup condensed milk
- 1/4 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Grind roasted sesame seeds to a coarse powder.
2. Heat ghee, mix in sesame powder, milk powder, and condensed milk.
3. Cook until thick (10 minutes), add cardamom, then spread on a plate to cool and cut into pieces.

****Calories:**** Approximately 200-250 kcal per serving (2 small pieces).

****Health Assessment:**** Nutritious but dense. High in calcium and healthy fats.

44. Pomegranate Lassi

****Ingredients:****

- 1 cup plain yogurt
- 1/2 cup pomegranate seeds
- 2 tbsp honey
- 1/4 tsp cardamom powder

- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, pomegranate seeds, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve fresh in a glass.

****Calories:**** Approximately 180-220 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Antioxidant-rich and refreshing, with moderate sweetness.

45. Carrot Halwa (Gajar ka Halwa)

****Ingredients:****

- 2 cups grated carrots
- 1 liter full-fat milk
- 1/3 cup sugar
- 1 tbsp ghee
- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, sauté carrots for 5 minutes.
2. Add milk and cook on low heat for 30-40 minutes until thick.
3. Stir in sugar and cardamom, cook for 5 more minutes, and serve warm.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. High in vitamin A and calcium, but sugar-heavy.

46. Apple Cinnamon Kheer

Ingredients:

- 1/4 cup basmati rice
- 1 liter full-fat milk
- 1 apple, grated
- 1/3 cup sugar
- 1 tsp cinnamon powder

Instructions:

1. Rinse rice and cook with milk on low heat for 30 minutes, stirring occasionally.
2. Add grated apple, sugar, and cinnamon, cooking until thick (10-15 minutes).
3. Serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Fiber from apple, but high in sugar and carbs.

47. Rose Milk Pudding

Ingredients:

- 2 cups milk
- 2 tbsp cornstarch
- 1/4 cup sugar
- 2 tbsp rose water
- 1 tbsp chopped pistachios

Instructions:

1. Mix cornstarch with 1/2 cup milk to make a slurry.

2. Heat remaining milk with sugar, then stir in slurry and cook until thickened (5-7 minutes).
3. Add rose water, pour into bowls, garnish with pistachios, and chill for 2-3 hours.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Light and aromatic, with moderate sugar.

48. Matka Kulfi

****Ingredients:****

- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds
- 1 tbsp chopped pistachios

****Instructions:****

1. Boil milk and simmer on low heat for 1-2 hours until reduced by half, stirring often.
2. Add sugar and cardamom, cook for 5 more minutes, then cool slightly.
3. Stir in nuts, pour into small pots or molds, and freeze for 6-8 hours.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Rich but heavy. High in protein and fats, with added sugar.

49. Papaya Yogurt Smoothie

****Ingredients:****

- 1 cup plain yogurt

- 1 cup ripe papaya, chopped
- 2 tbsp honey
- 1/4 tsp ginger powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, papaya, honey, and ginger until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a tall glass.

****Calories:**** Approximately 180-220 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in vitamin C and digestive enzymes, with natural sweetness.

50. Moong Dal Payasam

****Ingredients:****

- 1/4 cup split yellow moong dal (lentils)
- 1 liter full-fat milk
- 1/3 cup jaggery
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Roast moong dal in ghee until aromatic, then cook with milk until soft (20-25 minutes).
2. Add jaggery and cardamom, stirring until dissolved and thickened.
3. Serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. Protein-rich and filling, with natural sweetness.

51. Lemon Yogurt Cake

****Ingredients:****

- 1 cup plain yogurt
- 1 cup flour
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1 tbsp lemon zest

****Instructions:****

1. Preheat oven to 350°F (175°C). Mix yogurt, sugar, oil, and lemon zest.
2. Fold in flour until just combined, then pour into a greased pan.
3. Bake for 25-30 minutes, cool, and serve.

****Calories:**** Approximately 200-250 kcal per serving (1 slice).

****Health Assessment:**** Moderately healthy. Moist and tangy, but contains sugar and oil.

52. Jackfruit Payasam

****Ingredients:****

- 1 cup ripe jackfruit, chopped
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, sauté jackfruit for 5 minutes, then blend into a coarse paste.
2. Boil milk, add jackfruit paste, and simmer for 15-20 minutes.
3. Stir in sugar and cardamom, cook until thick, and serve warm.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Fruity and rich, but high in sugar.

53. Coconut Yogurt Dip

****Ingredients:****

- 1 cup plain yogurt
- 1/4 cup grated fresh coconut
- 1 tbsp honey
- 1/4 tsp roasted cumin powder
- Pinch of salt

****Instructions:****

1. Mix yogurt, coconut, honey, cumin, and salt until smooth.
2. Chill for 30 minutes.
3. Serve with fruits or flatbread.

****Calories:**** Approximately 120-150 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Light, probiotic, and subtly sweet.

54. Ragi Malt Pudding

Ingredients:

- 1/4 cup ragi (finger millet) flour
- 2 cups milk
- 1/4 cup jaggery
- 1/2 tsp cardamom powder
- 1 tbsp chopped nuts

Instructions:

1. Mix ragi flour with 1/2 cup milk to make a slurry.
2. Heat remaining milk, add slurry, and cook until thickened (10-15 minutes).
3. Stir in jaggery and cardamom, garnish with nuts, and serve warm.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Very healthy. High in calcium, iron, and fiber.

55. Blueberry Shrikhand

Ingredients:

- 2 cups thick yogurt (hung for 4-5 hours to drain whey)
- 1/2 cup fresh blueberries, pureed
- 1/4 cup powdered sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds

Instructions:

1. Mix hung yogurt with blueberry puree, sugar, and cardamom until smooth.
2. Chill for 1-2 hours.

3. Garnish with almonds and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Antioxidant-rich, high in protein, moderate sugar.

56. Almond Milk Kheer

****Ingredients:****

- 1 liter almond milk (unsweetened)
- 1/4 cup basmati rice
- 1/3 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp slivered almonds

****Instructions:****

1. Rinse rice and cook with almond milk on low heat for 30-40 minutes, stirring often.
2. Add sugar and cardamom, cooking until thickened.
3. Garnish with slivered almonds and serve warm or chilled.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Dairy-free, lighter option, but sugar adds calories.

57. Orange Rasgulla

****Ingredients:****

- 1 liter full-fat milk
- 2 tbsp lemon juice
- 1 cup sugar
- 2 cups water
- 1 tbsp orange zest

****Instructions:****

1. Boil milk, add lemon juice to curdle, then strain to make chenna (paneer). Knead until smooth.
2. Shape into small balls. Boil sugar and water, add orange zest, then cook balls in syrup for 15 minutes.
3. Cool and serve with syrup.

****Calories:**** Approximately 200-250 kcal per serving (2 pieces).

****Health Assessment:**** Moderately healthy. Protein-rich, but high in sugar.

58. Spiced Pumpkin Yogurt

****Ingredients:****

- 1 cup plain yogurt
- 1/2 cup pumpkin puree
- 2 tbsp honey
- 1/4 tsp cinnamon powder
- 1/4 tsp nutmeg powder

****Instructions:****

1. Mix yogurt, pumpkin puree, honey, cinnamon, and nutmeg until smooth.
2. Chill for 30 minutes.
3. Serve cold as a dessert or dip.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in vitamin A and probiotics, with natural sweetness.

59. Vermicelli Payasam

****Ingredients:****

- 1/2 cup vermicelli
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, roast vermicelli until golden, then add milk.
2. Cook on low heat for 15-20 minutes until soft and thick.
3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Comforting, but high in carbs and sugar.

60. Beetroot Halwa

****Ingredients:****

- 2 cups grated beetroot
- 1 liter full-fat milk
- 1/3 cup sugar
- 1 tbsp ghee

- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, sauté beetroot for 5 minutes.
2. Add milk and cook on low heat for 30-40 minutes until thickened.
3. Stir in sugar and cardamom, cook for 5 more minutes, and serve warm.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. High in antioxidants and calcium, but sugar-heavy.

61. Mango Shrikhand

****Ingredients:****

- 2 cups thick yogurt (hung for 4-5 hours to drain whey)
- 1/2 cup mango puree
- 1/4 cup powdered sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped pistachios

****Instructions:****

1. Mix hung yogurt with mango puree, sugar, and cardamom until smooth.
2. Chill for 1-2 hours.
3. Garnish with pistachios and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Vitamin C-rich, high in protein, moderate sugar.

62. Cashew Milk Burfi

Ingredients:

- 1 cup cashews, soaked and ground to a paste
- 1/2 cup milk
- 1/2 cup sugar
- 1 tbsp ghee
- 1/4 tsp cardamom powder

Instructions:

1. Heat ghee, add cashew paste, and cook for 5 minutes.
2. Stir in milk and sugar, cooking until thick (10-15 minutes).
3. Add cardamom, spread on a plate, cool, and cut into pieces.

****Calories:**** Approximately 200-250 kcal per serving (2 small pieces).

****Health Assessment:**** Rich but heavy. High in healthy fats and protein.

63. Pineapple Raita

Ingredients:

- 1 cup plain yogurt
- 1/2 cup pineapple, finely chopped
- 1 tbsp honey
- 1/4 tsp roasted cumin powder
- Pinch of salt

Instructions:

1. Whisk yogurt until smooth.

2. Mix in pineapple, honey, cumin, and salt.
3. Chill for 30 minutes before serving.

****Calories:**** Approximately 120-150 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Light, probiotic, and refreshing.

64. Saffron Coconut Milk Pudding

****Ingredients:****

- 2 cups coconut milk
- 1/4 cup rice flour
- 1/4 cup sugar
- 1/4 tsp saffron strands (soaked in 2 tbsp warm milk)
- 1 tbsp chopped almonds

****Instructions:****

1. Mix rice flour with 1/2 cup coconut milk to make a slurry.
2. Heat remaining coconut milk with sugar, add slurry, and cook until thick (5-10 minutes).
3. Stir in saffron, pour into bowls, garnish with almonds, and chill for 2-3 hours.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Dairy-free, but high in fats and sugar.

65. Chilled Melon Lassi

****Ingredients:****

- 1 cup plain yogurt

- 1 cup watermelon or muskmelon, chopped
- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, melon, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Hydrating, low-fat, and naturally sweet.

66. Coconut Kheer

****Ingredients:****

- 1/4 cup basmati rice
- 1 liter full-fat milk
- 1/2 cup grated fresh coconut
- 1/3 cup sugar
- 1/2 tsp cardamom powder

****Instructions:****

1. Rinse rice and cook with milk on low heat for 30-40 minutes, stirring often.
2. Add grated coconut and sugar, cooking until thickened.
3. Stir in cardamom and serve warm or chilled.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Rich in flavor, but high in carbs and sugar.

67. Honey Saffron Yogurt

****Ingredients:****

- 1 cup plain yogurt
- 2 tbsp honey
- 1/4 tsp saffron strands (soaked in 1 tbsp warm milk)
- 1 tbsp chopped pistachios

****Instructions:****

1. Mix yogurt with honey and saffron milk until smooth.
2. Chill for 30 minutes.
3. Garnish with pistachios and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Probiotic-rich with natural sweetness and antioxidants.

68. Sago Coconut Pudding

****Ingredients:****

- 1/4 cup sago (tapioca pearls), soaked for 2 hours
- 2 cups coconut milk
- 1/4 cup jaggery
- 1/2 tsp cardamom powder
- 1 tbsp toasted coconut flakes

****Instructions:****

1. Cook soaked sago with coconut milk on low heat for 15-20 minutes until soft.
2. Add jaggery and cardamom, stirring until dissolved and thickened.
3. Garnish with coconut flakes and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Gluten-free, but high in carbs.

69. Banana Kesari

****Ingredients:****

- 1/2 cup semolina (rava)
- 2 ripe bananas, mashed
- 1 cup water
- 1/2 cup sugar
- 2 tbsp ghee

****Instructions:****

1. Heat ghee, roast semolina until aromatic, then set aside.
2. Boil water, add mashed bananas and sugar, then stir in roasted semolina.
3. Cook until thick (5-7 minutes), stirring constantly, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Energy-rich with natural fruit sweetness.

70. Cardamom Milk Jelly

Ingredients:

- 2 cups full-fat milk
- 1 tbsp gelatin (or agar-agar for vegetarian)
- 1/4 cup sugar
- 1 tsp cardamom powder
- 1 tbsp chopped almonds

Instructions:

1. Heat milk with sugar and cardamom until warm, then dissolve gelatin in it.
2. Pour into molds and chill for 4-6 hours until set.
3. Garnish with almonds and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Light and protein-rich, with added sugar.

71. Sweet Corn Payasam

Ingredients:

- 1 cup sweet corn kernels, pureed
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp ghee

Instructions:

1. Heat ghee, sauté corn puree for 5 minutes.
2. Add milk and simmer for 20-25 minutes until slightly thick.

3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. Corn adds fiber, but sugar increases calories.

72. Walnut Sheera

****Ingredients:****

- 1/2 cup semolina (rava)
- 1/4 cup walnuts, finely chopped
- 1 cup milk
- 1/2 cup sugar
- 2 tbsp ghee

****Instructions:****

1. Heat ghee, roast semolina and walnuts until aromatic.
2. Add milk and sugar, stirring until thick (5-10 minutes).
3. Serve warm.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Rich but heavy. High in healthy fats and energy.

73. Passion Fruit Lassi

****Ingredients:****

- 1 cup plain yogurt
- 1/2 cup passion fruit pulp (seeds included)

- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, passion fruit pulp, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Vitamin C-rich, probiotic, and refreshing.

74. Dates and Rice Pudding

****Ingredients:****

- 1/4 cup short-grain rice
- 1 liter full-fat milk
- 8-10 dates, pitted and chopped
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, lightly toast rice, then add milk and chopped dates.
2. Cook on low heat for 30-40 minutes until creamy.
3. Stir in cardamom and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Naturally sweet and high in fiber and calcium.

75. Lavender Milk Panna Cotta

Ingredients:

- 2 cups full-fat milk
- 1 tsp dried lavender buds
- 1/4 cup honey
- 1 tsp gelatin (or agar-agar for vegetarian)
- 1/2 tsp vanilla extract

Instructions:

1. Heat milk with lavender buds and honey, simmering for 5 minutes, then strain.
2. Dissolve gelatin in the warm milk, add vanilla, and pour into molds.
3. Chill for 4-6 hours until set, and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Soothing and light, with moderate sweetness.

76. Peach Yogurt Delight

Ingredients:

- 1 cup plain yogurt
- 1 ripe peach, peeled and chopped
- 2 tbsp honey
- 1/4 tsp cinnamon powder
- 1 tbsp chopped walnuts

****Instructions:****

1. Blend yogurt, peach, honey, and cinnamon until smooth.
2. Chill for 30 minutes.
3. Garnish with walnuts and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in probiotics and vitamin C, with natural sweetness.

77. Semolina Coconut Ladoo

****Ingredients:****

- 1 cup semolina (rava)
- 1/2 cup grated fresh coconut
- 1/2 cup condensed milk
- 1 tbsp ghee
- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, roast semolina and coconut until aromatic (5-7 minutes).
2. Stir in condensed milk and cardamom, cooking until thick (5-10 minutes).
3. Cool slightly, shape into balls, and let set for an hour.

****Calories:**** Approximately 200-250 kcal per serving (2 small ladoos).

****Health Assessment:**** Indulgent. Rich in flavor, but high in sugar and fats.

78. Spiced Mango Milk

Ingredients:

- 1 cup full-fat milk
- 1/2 cup mango puree
- 1 tbsp sugar
- 1/4 tsp cardamom powder
- 1/4 tsp nutmeg powder

Instructions:

1. Heat milk, stir in mango puree, sugar, cardamom, and nutmeg.
2. Simmer for 5 minutes, stirring well.
3. Serve warm or chilled.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Fruity and calcium-rich, with added sugar.

79. Barley Kheer

Ingredients:

- 1/4 cup pearl barley, soaked overnight
- 1 liter full-fat milk
- 1/3 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds

Instructions:

1. Cook soaked barley with milk on low heat for 40-50 minutes until soft.
2. Add sugar and cardamom, stirring until thickened.

3. Garnish with almonds and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber and nutrients, though sugar adds calories.

80. Rose Petal Rabri

****Ingredients:****

- 1 liter full-fat milk
- 1/4 cup sugar
- 1 tbsp dried rose petals (food-grade)
- 1/2 tsp cardamom powder
- 1 tbsp chopped pistachios

****Instructions:****

1. Boil milk in a wide pan, simmering for 1-2 hours until reduced by half, stirring often.
2. Add sugar, rose petals, and cardamom, cooking for 5 more minutes.
3. Garnish with pistachios and serve warm or chilled.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Rich but heavy. High in calcium, with moderate sugar.

81. Kiwi Lassi

****Ingredients:****

- 1 cup plain yogurt
- 2 ripe kiwis, peeled and chopped

- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, kiwi, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Vitamin C-rich, probiotic, and refreshing.

82. Almond Date Milkshake

****Ingredients:****

- 1 cup chilled milk
- 6-8 dates, pitted
- 2 tbsp almond paste (soaked and ground almonds)
- 1/4 tsp cinnamon powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend milk, dates, almond paste, and cinnamon until smooth.
2. Add ice and blend again until frothy.
3. Serve cold in a glass.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber, protein, and natural sweetness.

83. Chocolate Shrikhand

****Ingredients:****

- 2 cups thick yogurt (hung for 4-5 hours to drain whey)
- 1/4 cup melted dark chocolate
- 1/4 cup powdered sugar
- 1/2 tsp vanilla extract
- 1 tbsp chopped hazelnuts

****Instructions:****

1. Mix hung yogurt with melted chocolate, sugar, and vanilla until smooth.
2. Chill for 1-2 hours.
3. Garnish with hazelnuts and serve cold.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Indulgent. Protein-rich, but higher in sugar and fat.

84. Poha Kheer

****Ingredients:****

- 1/2 cup flattened rice (poha)
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, lightly roast poha for 2-3 minutes.
2. Add milk and cook on low heat for 15-20 minutes until thickened.
3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Quick energy source, with added sugar.

85. Lychee Coconut Dessert

****Ingredients:****

- 1 cup coconut milk
- 1/2 cup lychee, peeled and chopped
- 2 tbsp sugar
- 1 tsp cornstarch (mixed with 2 tbsp water)
- 1 tbsp toasted coconut flakes

****Instructions:****

1. Heat coconut milk with sugar, add cornstarch slurry, and cook until thickened (5-7 minutes).
2. Stir in chopped lychee, pour into bowls, and chill for 2-3 hours.
3. Garnish with coconut flakes and serve cold.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Dairy-free and fruity, with moderate sugar.

86. Apricot Rice Pudding

****Ingredients:****

- 1/4 cup basmati rice
- 1 liter full-fat milk
- 1/2 cup dried apricots, soaked and chopped
- 1/3 cup sugar
- 1/2 tsp cardamom powder

****Instructions:****

1. Rinse rice and cook with milk on low heat for 30-40 minutes, stirring often.
2. Add chopped apricots and sugar, cooking until thickened.
3. Stir in cardamom and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber and calcium, with moderate sugar.

87. Vanilla Custard with Berries

****Ingredients:****

- 2 cups full-fat milk
- 2 tbsp custard powder (vanilla flavor)
- 1/4 cup sugar
- 1/2 tsp vanilla extract
- 1/2 cup mixed berries (fresh or frozen)

****Instructions:****

1. Mix custard powder with 1/2 cup milk to make a slurry.
2. Heat remaining milk with sugar, add slurry, and cook until thick (5-7 minutes).
3. Stir in vanilla, cool slightly, top with berries, and serve warm or chilled.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Light and fruity, with added sugar.

88. Guava Lassi

****Ingredients:****

- 1 cup plain yogurt
- 1 ripe guava, peeled and chopped
- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, guava, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Vitamin C-rich, probiotic, and naturally sweet.

89. Millet Payasam

****Ingredients:****

- 1/4 cup foxtail millet, soaked for 2 hours
- 1 liter full-fat milk
- 1/3 cup jaggery

- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, lightly roast millet, then add milk.
2. Cook on low heat for 30-40 minutes until soft and thick.
3. Stir in jaggery and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber and minerals, with natural sweetness.

90. Cardamom Coconut Burfi

****Ingredients:****

- 1 cup grated fresh coconut
- 1/2 cup condensed milk
- 1/4 tsp cardamom powder
- 1 tbsp ghee
- 1 tbsp chopped cashews

****Instructions:****

1. Heat ghee, sauté coconut for 2-3 minutes.
2. Add condensed milk and cardamom, cooking until thick (10-15 minutes).
3. Spread on a plate, garnish with cashews, cool, and cut into pieces.

****Calories:**** Approximately 200-250 kcal per serving (2 small pieces).

****Health Assessment:**** Indulgent. Rich in flavor, but high in sugar and fats.

91. Green Gram Kheer

Ingredients:

- 1/4 cup split green gram (moong dal), soaked for 2 hours
- 1 liter full-fat milk
- 1/3 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp ghee

Instructions:

1. Heat ghee, roast moong dal until aromatic, then add milk.
2. Cook on low heat for 30-40 minutes until soft and thick.
3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Nutritious. Protein-rich and filling, with added sugar.

92. Cherry Yogurt Parfait

Ingredients:

- 1 cup plain yogurt
- 1/2 cup fresh cherries, pitted and chopped
- 2 tbsp honey
- 1/4 cup granola

Instructions:

1. Layer yogurt, cherries, and a drizzle of honey in a glass.

2. Top with granola for crunch.
3. Serve immediately or chill for 30 minutes.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Antioxidant-rich and probiotic, with some sugar.

93. Saffron Rice Phirni

****Ingredients:****

- 1/4 cup rice, soaked and ground to a coarse paste
- 1 liter full-fat milk
- 1/4 cup sugar
- 1/4 tsp saffron strands (soaked in 2 tbsp warm milk)
- 1 tbsp chopped pistachios

****Instructions:****

1. Boil milk, add rice paste, and cook on low heat for 20-25 minutes, stirring often.
2. Stir in sugar and saffron milk until thickened.
3. Garnish with pistachios and chill before serving.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Rich in calcium, but high in carbs and sugar.

94. Pineapple Coconut Milkshake

****Ingredients:****

- 1 cup coconut milk

- 1/2 cup pineapple, chopped
- 2 tbsp sugar
- 1/4 tsp vanilla extract
- 1/2 cup ice cubes

****Instructions:****

1. Blend coconut milk, pineapple, sugar, and vanilla until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Dairy-free and tropical, with added sugar.

95. Cinnamon Raisin Milk Pudding

****Ingredients:****

- 2 cups full-fat milk
- 1/4 cup rice flour
- 1/4 cup sugar
- 1 tsp cinnamon powder
- 2 tbsp raisins

****Instructions:****

1. Mix rice flour with 1/2 cup milk to make a slurry.
2. Heat remaining milk with sugar, add slurry, and cook until thick (5-10 minutes).
3. Stir in cinnamon and raisins, pour into bowls, and chill for 2-3 hours.

****Calories:**** Approximately 180-220 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Comforting and light, with moderate sugar.

96. Cranberry Yogurt Smoothie

****Ingredients:****

- 1 cup plain yogurt
- 1/2 cup fresh or frozen cranberries
- 2 tbsp honey
- 1/4 tsp vanilla extract
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, cranberries, honey, and vanilla until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in antioxidants and probiotics, with natural sweetness.

97. Coconut Semolina Pudding

****Ingredients:****

- 1/2 cup semolina (rava)
- 2 cups coconut milk
- 1/3 cup sugar
- 1 tbsp ghee
- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, roast semolina until aromatic, then add coconut milk.
2. Cook on low heat for 10-15 minutes until thickened, stirring constantly.
3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Rich and flavorful, but high in carbs and fats.

98. Blackcurrant Shrikhand

****Ingredients:****

- 2 cups thick yogurt (hung for 4-5 hours to drain whey)
- 1/2 cup blackcurrant puree
- 1/4 cup powdered sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds

****Instructions:****

1. Mix hung yogurt with blackcurrant puree, sugar, and cardamom until smooth.
2. Chill for 1-2 hours.
3. Garnish with almonds and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. Antioxidant-rich, high in protein, moderate sugar.

99. Almond Saffron Kulfi

Ingredients:

- 1 liter full-fat milk
- 1/4 cup sugar
- 2 tbsp almond paste (soaked and ground almonds)
- 1/4 tsp saffron strands (soaked in 2 tbsp warm milk)
- 1 tbsp chopped pistachios

Instructions:

1. Boil milk and simmer for 1-2 hours until reduced by half, stirring often.
2. Add sugar, almond paste, and saffron milk, cooking for 5 more minutes.
3. Cool slightly, pour into molds, garnish with pistachios, and freeze for 6-8 hours.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Rich but heavy. High in protein and fats, with added sugar.

100. Tapioca Coconut Kheer

Ingredients:

- 1/4 cup tapioca pearls (sago), soaked for 2 hours
- 1 liter full-fat milk
- 1/2 cup grated fresh coconut
- 1/3 cup sugar
- 1/2 tsp cardamom powder

Instructions:

1. Cook soaked tapioca with milk on low heat for 20-25 minutes until soft.
2. Add grated coconut and sugar, cooking until thickened.

3. Stir in cardamom and serve warm or chilled.

****Calories:**** Approximately 250-300 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. High in carbs and fats, but satisfying.

101. Plum Milk Pudding

****Ingredients:****

- 2 cups full-fat milk
- 1/2 cup plum puree (cooked and blended)
- 1/4 cup sugar
- 1 tbsp cornstarch (mixed with 2 tbsp milk)
- 1/2 tsp vanilla extract

****Instructions:****

1. Heat milk with sugar, add cornstarch slurry, and cook until thickened (5-7 minutes).
2. Stir in plum puree and vanilla, pour into bowls, and chill for 2-3 hours.
3. Serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Fruity and light, with moderate sugar.

102. Cardamom Rice Halwa

****Ingredients:****

- 1/2 cup rice flour
- 2 cups full-fat milk

- 1/3 cup sugar
- 1 tbsp ghee
- 1 tsp cardamom powder

****Instructions:****

1. Heat ghee, lightly roast rice flour, then add milk.
2. Cook on low heat for 10-15 minutes until thick, stirring constantly.
3. Add sugar and cardamom, cook for 5 more minutes, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Simple and filling, with added sugar.

103. Fig Milkshake

****Ingredients:****

- 1 cup chilled milk
- 4-5 fresh figs, chopped
- 2 tbsp honey
- 1/4 tsp cinnamon powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend milk, figs, honey, and cinnamon until smooth.
2. Add ice and blend again until frothy.
3. Serve immediately in a glass.

****Calories:**** Approximately 180-220 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and calcium, with natural sweetness.

104. Sweet Potato Yogurt

Ingredients:

- 1 cup plain yogurt
- 1/2 cup mashed sweet potato (boiled)
- 2 tbsp honey
- 1/4 tsp cinnamon powder
- 1 tbsp chopped pecans

Instructions:

1. Mix yogurt, mashed sweet potato, honey, and cinnamon until smooth.
2. Chill for 30 minutes.
3. Garnish with pecans and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber, vitamins, and probiotics.

105. Rose Almond Milk

Ingredients:

- 1 liter almond milk (unsweetened)
- 2 tbsp rose syrup
- 1/4 cup sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped almonds

****Instructions:****

1. Heat almond milk, stir in rose syrup, sugar, and cardamom until dissolved.
2. Simmer for 5 minutes, stirring well.
3. Garnish with almonds and serve warm or chilled.

****Calories:**** Approximately 180-220 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Dairy-free and aromatic, with added sugar.

106. Blueberry Milk Pudding

****Ingredients:****

- 2 cups full-fat milk
- 1/2 cup blueberry puree
- 1/4 cup sugar
- 1 tbsp cornstarch (mixed with 2 tbsp milk)
- 1/2 tsp vanilla extract

****Instructions:****

1. Heat milk with sugar, add cornstarch slurry, and cook until thickened (5-7 minutes).
2. Stir in blueberry puree and vanilla, pour into bowls, and chill for 2-3 hours.
3. Serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Antioxidant-rich, with moderate sugar.

107. Coconut Jaggery Ladoo

****Ingredients:****

- 2 cups grated fresh coconut
- 1 cup jaggery, melted
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, sauté coconut for 2-3 minutes.
2. Add melted jaggery and cardamom, cooking until thick (10-15 minutes).
3. Cool slightly, shape into balls, and let set for an hour.

****Calories:**** Approximately 200-250 kcal per serving (2 small ladoos).

****Health Assessment:**** Moderately healthy. Natural sweetness, but high in fats.

108. Strawberry Lassi

****Ingredients:****

- 1 cup plain yogurt
- 1/2 cup fresh strawberries
- 2 tbsp honey
- 1/4 tsp cardamom powder
- 1/2 cup ice cubes

****Instructions:****

1. Blend yogurt, strawberries, honey, and cardamom until smooth.
2. Add ice and blend again until chilled.
3. Serve immediately in a glass.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in vitamin C and probiotics, with natural sweetness.

109. Rava Payasam

****Ingredients:****

- 1/2 cup semolina (rava)
- 1 liter full-fat milk
- 1/3 cup sugar
- 1 tbsp ghee
- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, roast semolina until aromatic, then add milk.
2. Cook on low heat for 15-20 minutes until thickened.
3. Stir in sugar and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Comforting, but high in carbs and sugar.

110. Pineapple Shrikhand

****Ingredients:****

- 2 cups thick yogurt (hung for 4-5 hours to drain whey)
- 1/2 cup pineapple puree
- 1/4 cup powdered sugar
- 1/2 tsp cardamom powder

- 1 tbsp chopped cashews

****Instructions:****

1. Mix hung yogurt with pineapple puree, sugar, and cardamom until smooth.
2. Chill for 1-2 hours.
3. Garnish with cashews and serve cold.

****Calories:**** Approximately 150-200 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in probiotics and vitamin C, moderate sugar.

111. Cinnamon Milk Kheer

****Ingredients:****

- 1/4 cup basmati rice
- 1 liter full-fat milk
- 1/3 cup sugar
- 1 tsp cinnamon powder
- 1 tbsp raisins

****Instructions:****

1. Rinse rice and cook with milk on low heat for 30-40 minutes, stirring often.
2. Add sugar and cinnamon, cooking until thickened.
3. Garnish with raisins and serve warm or chilled.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy

112. Hazelnut Milkshake

****Ingredients:****

- 1 cup chilled milk
- 2 tbsp hazelnut paste (or roasted hazelnuts, blended)
- 2 tbsp sugar
- 1/4 tsp vanilla extract
- 1/2 cup ice cubes

****Instructions:****

1. Blend milk, hazelnut paste, sugar, and vanilla until smooth.
2. Add ice and blend again until frothy.
3. Serve immediately in a glass.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Rich in flavor, with healthy fats and sugar.

113. Sweet Potato Payasam

****Ingredients:****

- 1 cup mashed sweet potato (boiled)
- 1 liter full-fat milk
- 1/4 cup jaggery
- 1/2 tsp cardamom powder
- 1 tbsp ghee

****Instructions:****

1. Heat ghee, sauté mashed sweet potato for 5 minutes.
2. Add milk and cook on low heat for 20-25 minutes until thickened.
3. Stir in jaggery and cardamom, and serve warm.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Healthy. High in fiber and vitamins, with natural sweetness.

114. Rose Coconut Milk Pudding

****Ingredients:****

- 2 cups coconut milk
- 1/4 cup rice flour
- 1/4 cup sugar
- 1 tbsp rose water
- 1 tbsp chopped pistachios

****Instructions:****

1. Mix rice flour with 1/2 cup coconut milk to make a slurry.
2. Heat remaining coconut milk with sugar, add slurry, and cook until thick (5-10 minutes).
3. Stir in rose water, pour into bowls, garnish with pistachios, and chill for 2-3 hours.

****Calories:**** Approximately 200-250 kcal per serving (1/2 cup).

****Health Assessment:**** Moderately healthy. Dairy-free, but high in fats and sugar.

115. Mango Coconut Ladoo

****Ingredients:****

- 1 cup grated fresh coconut
- 1/2 cup mango puree
- 1/2 cup condensed milk
- 1 tbsp ghee

- 1/2 tsp cardamom powder

****Instructions:****

1. Heat ghee, sauté coconut for 2-3 minutes.
2. Add mango puree and condensed milk, cooking until thick (10-15 minutes).
3. Stir in cardamom, cool slightly, shape into balls, and let set for an hour.

****Calories:**** Approximately 200-250 kcal per serving (2 small ladoos).

****Health Assessment:**** Indulgent. Fruity and rich, but high in sugar and fats.

116. Mustard Fish Curry

****Ingredients:****

- 4 fish steaks (about 500g, any firm white fish)
- 2 tbsp mustard seeds (soaked in water)
- 1 tsp turmeric powder
- 2 green chilies, slit
- 1/2 cup mustard oil
- Salt to taste

****Instructions:****

1. Grind soaked mustard seeds with 1 green chili and a pinch of salt into a paste.
2. Marinate fish with turmeric, salt, and a bit of mustard oil for 15 minutes.
3. Heat mustard oil in a pan, lightly fry the fish for 1-2 minutes per side, then remove.
4. In the same oil, add mustard paste, remaining turmeric, and green chili; cook for 2-3 minutes.

5. Add 1/2 cup water, bring to a simmer, return fish to the pan, and cook for 5-7 minutes until the gravy thickens.

6. Serve hot with steamed rice.

****Calories:**** Approximately 300-350 kcal per serving (1 steak with gravy).

****Health Assessment:**** Nutritious. High in protein and omega-3s, though mustard oil adds fat.

117. Spicy Chicken Roast

****Ingredients:****

- 500g chicken (bone-in, cut into pieces)
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 2 tbsp ginger-garlic paste
- 1 tsp cumin seeds
- 2 tsp spice mix (garam masala or similar)
- 1 tsp red chili powder
- 3 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil in a pan, add cumin seeds, and let them splutter.
2. Add onions and fry until golden brown, then stir in ginger-garlic paste and cook for 2 minutes.
3. Add tomato puree, chili powder, spice mix, and salt; cook until oil separates (5-7 minutes).
4. Add chicken, stir to coat, and cook on medium heat for 20-25 minutes until tender and dry.
5. Serve with flatbread or rice.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, but high in oil and spices.

118. Eggplant Fritters

****Ingredients:****

- 1 large eggplant, thinly sliced
- 1 cup chickpea flour
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp cumin powder
- Salt to taste
- Oil for frying

****Instructions:****

1. Mix chickpea flour, turmeric, chili powder, cumin, salt, and water to make a thick batter.
2. Heat oil in a deep pan.
3. Dip eggplant slices in batter and fry until golden and crispy (2-3 minutes per side).
4. Drain on paper towels and serve hot with chutney or as a snack.

****Calories:**** Approximately 200-250 kcal per serving (4-5 pieces).

****Health Assessment:**** Flavorful snack, but high in oil from frying.

119. Poppy Seed Potatoes

****Ingredients:****

- 4 medium potatoes, cubed
- 3 tbsp poppy seeds (soaked and ground to a paste)

- 1 tsp nigella seeds
- 2 green chilies, slit
- 3 tbsp mustard oil
- Salt to taste

****Instructions:****

1. Heat mustard oil in a pan, add nigella seeds and green chilies, and let them sizzle.
2. Add potatoes, stir-fry for 5 minutes, then mix in poppy seed paste and salt.
3. Cook on low heat, adding a splash of water if needed, until potatoes are tender (15-20 minutes).
4. Serve with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Nutritious potatoes, though oil adds fat.

120. Slow-Cooked Beef Curry

****Ingredients:****

- 500g beef, cut into chunks
- 2 onions, sliced
- 2 tbsp ginger-garlic paste
- 1 tsp black pepper powder
- 1 tsp cumin powder
- 1/2 cup yogurt
- 4 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onions until dark brown, then add ginger-garlic paste, pepper, and cumin.

2. Add beef, stir-fry for 10 minutes, then mix in yogurt and salt.
3. Cook on low heat for 1-1.5 hours, stirring occasionally, until beef is tender and dark.
4. Serve with rice or flatbread.

****Calories:**** Approximately 400-450 kcal per serving (1 cup).

****Health Assessment:**** Protein-packed, but rich and heavy due to oil.

121. Spiced Chickpea Stew

****Ingredients:****

- 1 cup dried chickpeas, soaked overnight
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp cumin seeds
- 2 tsp spice mix (like garam masala)
- 1 tsp red chili powder
- 3 tbsp oil
- Salt to taste

****Instructions:****

1. Boil soaked chickpeas until tender (45-60 minutes), then drain.
2. Heat oil, add cumin seeds, then onions; fry until golden.
3. Add ginger-garlic paste, tomato puree, spice mix, chili powder, and salt; cook until oil separates.
4. Add chickpeas and 1 cup water, simmer for 15-20 minutes.
5. Serve with flatbread or rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and protein, moderate oil use.

122. Fish and Potato Stew

****Ingredients:****

- 500g fish (like carp or tilapia), cut into pieces
- 1 potato, sliced
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 green chilies, slit
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Marinate fish with turmeric and salt, then lightly fry in oil for 2 minutes per side; remove.
2. In the same oil, add cumin seeds and green chilies, then potatoes; fry for 5 minutes.
3. Add 2 cups water, turmeric, and salt; simmer until potatoes soften (10-15 minutes).
4. Return fish to the pot, cook for 5-7 minutes, and serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Nutritious. Lean protein and light spices, though oil adds fat.

123. Egg-Stuffed Flatbread

****Ingredients:****

- 1 cup flour
- 1 egg

- 1 small onion, chopped
- 1 green chili, chopped
- 1/2 tsp cumin powder
- Oil for frying
- Salt to taste

****Instructions:****

1. Knead flour with water and salt into a soft dough, rest for 20 minutes.
2. Beat egg with onion, chili, cumin, and salt.
3. Roll dough into thin circles, spread egg mix in the center, fold into a square, and fry in hot oil until golden (3-4 minutes per side).
4. Serve hot with chutney or curry.

****Calories:**** Approximately 300-350 kcal per serving (1 flatbread).

****Health Assessment:**** Hearty snack, but high in oil and carbs.

124. Tempered Lentils

****Ingredients:****

- 1 cup split yellow lentils
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 2 dried red chilies
- 2 tbsp ghee
- Salt to taste

****Instructions:****

1. Boil lentils with turmeric and salt until soft (20-25 minutes), then mash slightly.
2. Heat ghee, add cumin seeds and red chilies, then onions; fry until golden.
3. Add tomatoes, cook until soft, then pour over the lentils.
4. Simmer for 5 minutes and serve with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and fiber, moderate fat from ghee.

125. Minced Meat Patties

****Ingredients:****

- 500g ground beef or lamb
- 1/2 cup split chickpeas, soaked
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp spice mix (like garam masala)
- 2 green chilies, chopped
- Oil for frying
- Salt to taste

****Instructions:****

1. Cook meat, soaked chickpeas, ginger-garlic paste, and salt with 1 cup water until tender (30-40 minutes); cool and grind into a paste.
2. Mix in onion, chilies, and spice mix, shape into patties.
3. Shallow fry in hot oil until golden (3-4 minutes per side).
4. Serve with chutney or salad.

****Calories:**** Approximately 300-350 kcal per serving (2-3 patties).

****Health Assessment:**** Moderately healthy Protein-rich, but frying adds fat.

126. Spicy Potato Stir-Fry

****Ingredients:****

- 4 medium potatoes, cubed
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp mustard seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil in a pan, add mustard seeds and cumin seeds, and let them splutter.
2. Add potatoes, turmeric, chili powder, and salt; stir well to coat.
3. Cook on medium heat for 15-20 minutes, stirring occasionally, until potatoes are tender and slightly crispy.
4. Serve hot as a side with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Simple and filling, with moderate oil use.

127. Chicken and Lentil Soup

****Ingredients:****

- 300g chicken (bone-in pieces)
- 1/2 cup red lentils
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, sauté onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, lentils, turmeric, cumin, and salt; stir-fry for 5 minutes.
3. Add 4 cups water, bring to a boil, then simmer for 30-40 minutes until chicken and lentils are soft.
4. Shred chicken off the bone if desired, and serve hot.

****Calories:**** Approximately 250-300 kcal per serving (1 bowl).

****Health Assessment:**** Healthy. High in protein and fiber, light on oil.

128. Vegetable Pulao

****Ingredients:****

- 1 cup basmati rice
- 1 carrot, chopped
- 1/2 cup peas
- 1/2 cup green beans, chopped
- 1 tsp cumin seeds
- 2 cloves

- 1 cinnamon stick
- 2 tbsp ghee
- Salt to taste

****Instructions:****

1. Rinse rice and soak for 20 minutes, then drain.
2. Heat ghee, add cumin seeds, cloves, and cinnamon; let them sizzle.
3. Add vegetables, stir-fry for 5 minutes, then mix in rice and salt.
4. Add 2 cups water, bring to a boil, then simmer covered for 15-20 minutes until rice is cooked.
5. Serve with yogurt or curry.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Balanced. Veggies and carbs, with moderate fat from ghee.

129. Pan-Fried Fish with Spices

****Ingredients:****

- 4 fish fillets (like tilapia or cod, about 500g)
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp cumin powder
- 1 tbsp lemon juice
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Marinate fish with turmeric, chili powder, cumin, lemon juice, and salt for 20 minutes.
2. Heat oil in a pan, fry fish fillets for 3-4 minutes per side until golden and cooked through.

3. Serve hot with a side of salad or rice.

****Calories:**** Approximately 200-250 kcal per serving (1 fillet).

****Health Assessment:**** Healthy. Lean protein, minimal oil, and bold flavors.

130. Spinach and Lentil Curry

****Ingredients:****

- 1 cup split green lentils (moong dal)
- 2 cups spinach, chopped
- 1 onion, chopped
- 1 tomato, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Boil lentils with turmeric and salt until soft (20-25 minutes), then set aside.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add tomato and cook until soft, then stir in spinach and cooked lentils.
4. Simmer for 10 minutes until flavors meld, and serve with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. High in protein, iron, and fiber.

131. Egg Curry

Ingredients:

- 4 eggs, hard-boiled and peeled
- 1 onion, finely chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add tomato puree, turmeric, chili powder, and salt; cook until oil separates (5-7 minutes).
3. Add 1 cup water, bring to a simmer, then add eggs and cook for 5-10 minutes.
4. Serve with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (2 eggs with gravy).

****Health Assessment:**** Nutritious. Protein-rich, with moderate oil and spices.

132. Crispy Okra Fry

Ingredients:

- 300g okra, sliced lengthwise
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp cumin powder
- 2 tbsp chickpea flour

- 3 tbsp oil
- Salt to taste

****Instructions:****

1. Toss okra with turmeric, chili powder, cumin, chickpea flour, and salt.
2. Heat oil in a pan, fry okra in batches over medium heat until crispy (5-7 minutes).
3. Drain on paper towels and serve as a side or snack.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Veggie-based, but frying adds fat.

133. Mutton Stew

****Ingredients:****

- 500g mutton, cut into pieces
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp black pepper powder
- 1 tsp cumin seeds
- 1 potato, cubed
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ginger-garlic paste, mutton, and pepper; stir-fry for 10 minutes.
3. Add potato, salt, and 3 cups water; simmer for 1-1.5 hours until mutton is tender.
4. Serve with rice or bread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Hearty and protein-rich, with moderate fat.

134. Flatbread with Spiced Potatoes

****Ingredients:****

- 1 cup flour
- 2 medium potatoes, boiled and mashed
- 1 tsp cumin seeds
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix mashed potatoes with cumin, chili powder, and salt.
2. Knead flour with water and salt into a soft dough, rest for 20 minutes.
3. Roll dough into circles, stuff with potato mix, seal, and roll out again.
4. Cook on a hot skillet with oil until golden (2-3 minutes per side).
5. Serve with yogurt or pickle.

****Calories:**** Approximately 300-350 kcal per serving (1 flatbread).

****Health Assessment:**** Filling, but high in carbs and moderate oil.

135. Prawn Stir-Fry

****Ingredients:****

- 300g prawns, peeled and deveined
- 1 onion, sliced
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp mustard seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Marinate prawns with turmeric, chili powder, and salt for 15 minutes.
2. Heat oil, add mustard seeds, then onion; fry until soft.
3. Add prawns and stir-fry on medium heat for 5-7 minutes until cooked and slightly crispy.
4. Serve hot as a side or with rice.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein, low in carbs, moderate oil.

136. Cauliflower and Pea Curry

****Ingredients:****

- 1 medium cauliflower, cut into florets
- 1 cup peas (fresh or frozen)
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds

- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until golden.
2. Add ginger-garlic paste, turmeric, and tomato puree; cook until oil separates (5-7 minutes).
3. Add cauliflower, peas, salt, and 1/2 cup water; cover and simmer for 15-20 minutes until tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and vitamins, moderate oil.

137. Spicy Scrambled Eggs

****Ingredients:****

- 4 eggs
- 1 onion, finely chopped
- 1 green chili, chopped
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion and green chili until soft.
2. Add turmeric, cumin, and salt; stir for 1 minute.
3. Beat eggs, pour into the pan, and scramble over medium heat for 3-5 minutes until cooked.
4. Serve hot with bread or as a side.

****Calories:**** Approximately 200-250 kcal per serving (2 eggs).

****Health Assessment:**** Nutritious. Protein-rich, with moderate fat from oil.

138. Mixed Lentil Pancakes

****Ingredients:****

- 1/2 cup split yellow lentils (moong dal)
- 1/2 cup split red lentils (masoor dal)
- 1 onion, chopped
- 1 green chili, chopped
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Soak lentils for 2 hours, then grind with water into a thick batter.
2. Mix in onion, chili, cumin, and salt.
3. Heat oil on a skillet, pour batter to make small pancakes, and cook 2-3 minutes per side until golden.
4. Serve with chutney or yogurt.

****Calories:**** Approximately 200-250 kcal per serving (2-3 pancakes).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

139. Grilled Chicken with Spices

****Ingredients:****

- 500g chicken thighs
- 2 tbsp yogurt
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 1 tbsp oil
- Salt to taste

****Instructions:****

1. Mix yogurt, ginger-garlic paste, chili powder, cumin, oil, and salt into a marinade.
2. Coat chicken thighs and marinate for 1 hour.
3. Grill or pan-fry over medium heat for 10-12 minutes per side until cooked through.
4. Serve with salad or flatbread.

****Calories:**** Approximately 300-350 kcal per serving (2 thighs).

****Health Assessment:**** Healthy. High in protein, low in carbs, moderate fat.

140. Bitter Gourd Stir-Fry

****Ingredients:****

- 2 medium bitter gourds, thinly sliced
- 1 onion, sliced
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1/2 tsp mustard seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Soak bitter gourd in salted water for 20 minutes, then drain.
2. Heat oil, add mustard seeds, then onion; fry until soft.
3. Add bitter gourd, turmeric, chili powder, and salt; stir-fry for 15-20 minutes until tender.
4. Serve as a side with rice.

****Calories:**** Approximately 120-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, good for digestion, minimal oil.

141. Tomato Rice

****Ingredients:****

- 1 cup basmati rice
- 2 tomatoes, chopped
- 1 onion, sliced
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Rinse rice and soak for 20 minutes, then drain.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add tomatoes, turmeric, chili powder, and salt; cook until soft.
4. Stir in rice and 2 cups water, bring to a boil, then simmer covered for 15-20 minutes.
5. Serve hot with yogurt.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Balanced. Carbs and veggies, with moderate oil.

142. Fish Cakes

****Ingredients:****

- 300g fish fillet (like cod or tilapia), steamed and flaked
- 1 potato, boiled and mashed
- 1 onion, finely chopped
- 1 green chili, chopped
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix flaked fish, mashed potato, onion, chili, cumin, and salt into a dough-like mixture.
2. Shape into small patties.
3. Heat oil in a pan, fry patties for 3-4 minutes per side until golden.
4. Serve with chutney or as a snack.

****Calories:**** Approximately 200-250 kcal per serving (2-3 cakes).

****Health Assessment:**** Healthy. Protein-rich, moderate oil use.

143. Ridge Gourd with Lentils

****Ingredients:****

- 2 ridge gourds, peeled and chopped

- 1/2 cup split yellow lentils (toor dal)
- 1 onion, chopped
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Boil lentils with turmeric and salt until soft (20-25 minutes), then set aside.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add ridge gourd, salt, and a splash of water; cook for 10-15 minutes until tender.
4. Mix in cooked lentils and simmer for 5 minutes; serve with rice.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. High in fiber and protein, light on oil.

144. Spicy Lamb Chops

****Ingredients:****

- 500g lamb chops
- 2 tbsp yogurt
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix yogurt, ginger-garlic paste, chili powder, cumin, and salt into a marinade.
2. Coat lamb chops and marinate for 1 hour.
3. Heat oil in a pan, fry chops over medium heat for 8-10 minutes per side until cooked.
4. Serve with flatbread or salad.

****Calories:**** Approximately 350-400 kcal per serving (2 chops).

****Health Assessment:**** Protein-rich, but higher in fat from lamb and oil.

145. Pumpkin Soup

****Ingredients:****

- 2 cups pumpkin, peeled and cubed
- 1 onion, chopped
- 1 tsp ginger paste
- 1/2 tsp cumin seeds
- 1 cup milk
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ginger paste and pumpkin, stir-fry for 5 minutes.
3. Add 2 cups water and salt, simmer for 20-25 minutes until pumpkin is soft, then blend smooth.
4. Stir in milk, heat through, and serve warm.

****Calories:**** Approximately 150-200 kcal per serving (1 bowl).

****Health Assessment:**** Healthy. Low-calorie, high in vitamins, light creaminess.

146. Cabbage and Potato Stir-Fry

Ingredients:

- 2 cups cabbage, shredded
- 2 medium potatoes, cubed
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil in a pan, add cumin seeds, and let them splutter.
2. Add potatoes, turmeric, and salt; cook for 10 minutes until half-done.
3. Add cabbage and chili powder, stir-fry for another 10-15 minutes until both are tender.
4. Serve hot as a side with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and vitamins, moderate oil.

147. Spicy Chickpea Salad

Ingredients:

- 1 cup boiled chickpeas
- 1 onion, finely chopped

- 1 tomato, chopped
- 1 green chili, chopped
- 1 tsp cumin powder
- 1 tbsp lemon juice
- 1 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, lightly toast cumin powder for 30 seconds.
2. Mix chickpeas, onion, tomato, green chili, toasted cumin, lemon juice, and salt in a bowl.
3. Toss well and serve fresh as a snack or side.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. High in protein and fiber, low in fat.

148. Fish in Tomato Gravy

****Ingredients:****

- 500g fish fillets (like tilapia or carp)
- 2 tomatoes, pureed
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add tomato puree, turmeric, chili powder, and salt; cook until oil separates (5-7 minutes).
3. Add fish and 1/2 cup water, simmer for 10-12 minutes until fish is cooked through.
4. Serve with rice or flatbread.

****Calories:**** Approximately 250-300 kcal per serving (1 fillet with gravy).

****Health Assessment:**** Healthy. Lean protein and light spices, moderate oil.

149. Vegetable Lentil Soup

****Ingredients:****

- 1/2 cup split red lentils
- 1 carrot, chopped
- 1/2 cup green beans, chopped
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add lentils, carrot, green beans, turmeric, and salt; stir for 2 minutes.
3. Add 3 cups water, bring to a boil, then simmer for 25-30 minutes until lentils and veggies are soft.
4. Serve hot as a meal or side.

****Calories:**** Approximately 200-250 kcal per serving (1 bowl).

****Health Assessment:**** Very healthy. High in protein, fiber, and vitamins.

150. Chicken with Bell Peppers

Ingredients:

- 500g chicken breast, cubed
- 1 bell pepper (any color), sliced
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, chili powder, cumin, and salt; stir-fry for 10 minutes.
3. Add bell pepper and cook for another 5-7 minutes until chicken is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and veggies, moderate oil.

151. Bottle Gourd Stir-Fry

Ingredients:

- 2 cups bottle gourd, peeled and chopped
- 1 tsp mustard seeds

- 1 tsp turmeric powder
- 1/2 tsp red chili powder
- 1 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add mustard seeds, and let them splutter.
2. Add bottle gourd, turmeric, chili powder, and salt; stir well.
3. Cook on medium heat for 15-20 minutes, stirring occasionally, until soft.
4. Serve as a side with rice or flatbread.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high in water content and fiber.

152. Spicy Beef Stir-Fry

****Ingredients:****

- 500g beef, thinly sliced
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp black pepper powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add beef, pepper, chili powder, and salt; stir-fry on high heat for 10-15 minutes until cooked.

3. Serve hot with rice or flatbread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, but higher in fat from beef and oil.

153. Flatbread with Spinach

****Ingredients:****

- 1 cup flour
- 1 cup spinach, finely chopped
- 1/2 tsp cumin seeds
- 1/2 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Knead flour with spinach, cumin, chili powder, salt, and water into a soft dough; rest for 20 minutes.
2. Roll into flatbreads and cook on a hot skillet with oil for 2-3 minutes per side until golden.
3. Serve with yogurt or curry.

****Calories:**** Approximately 250-300 kcal per serving (1 flatbread).

****Health Assessment:**** Nutritious. High in iron and fiber, moderate oil.

154. Prawn and Coconut Curry

****Ingredients:****

- 300g prawns, peeled

- 1 cup coconut milk
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add turmeric, chili powder, and salt, then stir in coconut milk and bring to a simmer.
3. Add prawns and cook for 5-7 minutes until tender.
4. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Protein-rich, with healthy fats from coconut milk.

155. Roasted Eggplant Mash

****Ingredients:****

- 1 large eggplant
- 1 onion, finely chopped
- 1 green chili, chopped
- 1 tsp mustard seeds
- 1 tbsp oil
- Salt to taste

****Instructions:****

1. Roast eggplant over an open flame or in an oven (400°F/200°C) for 20-25 minutes until soft; peel and mash.
2. Heat oil, add mustard seeds, then onion and green chili; fry until soft.
3. Mix in mashed eggplant and salt, cook for 5 minutes, and serve with flatbread or rice.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high in fiber, minimal oil.

156. Green Bean and Potato Curry

****Ingredients:****

- 2 cups green beans, chopped
- 2 medium potatoes, cubed
- 1 onion, chopped
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until golden.
2. Add potatoes, green beans, turmeric, chili powder, and salt; stir well.
3. Add 1/2 cup water, cover, and cook on medium heat for 15-20 minutes until tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and vitamins, moderate oil.

157. Spicy Mutton Soup

Ingredients:

- 500g mutton (bone-in pieces)
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp black pepper powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add mutton, pepper, cumin, and salt; stir-fry for 10 minutes.
3. Add 4 cups water, bring to a boil, then simmer for 1-1.5 hours until mutton is tender.
4. Serve hot as a soup or with bread.

****Calories:**** Approximately 300-350 kcal per serving (1 bowl).

****Health Assessment:**** Protein-rich, but higher in fat from mutton.

158. Chickpea Flour Pancakes

Ingredients:

- 1 cup chickpea flour
- 1 onion, finely chopped
- 1 green chili, chopped

- 1/2 tsp turmeric powder
- 1/2 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix chickpea flour, onion, chili, turmeric, cumin, salt, and water into a thick batter.
2. Heat oil on a skillet, pour batter to make small pancakes, and cook 2-3 minutes per side until golden.
3. Serve with chutney or yogurt.

****Calories:**** Approximately 200-250 kcal per serving (2-3 pancakes).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

159. Fish with Mustard Sauce

****Ingredients:****

- 500g fish fillets (like cod or carp)
- 2 tbsp mustard paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 green chilies, slit
- 2 tbsp mustard oil
- Salt to taste

****Instructions:****

1. Marinate fish with turmeric, salt, and a bit of mustard oil for 15 minutes.
2. Heat mustard oil, lightly fry fish for 2 minutes per side, then remove.
3. In the same oil, add mustard paste, chili powder, and green chilies; cook for 2-3 minutes.

4. Add 1/2 cup water, return fish, and simmer for 5-7 minutes until coated.
5. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 fillet with sauce).

****Health Assessment:**** Healthy. High in protein, moderate fat from oil.

160. Mixed Vegetable Stir-Fry

****Ingredients:****

- 1 cup carrots, sliced
- 1 cup cauliflower florets
- 1 cup green beans, chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, and let them splutter.
2. Add all vegetables, turmeric, and salt; stir-fry on medium heat for 15-20 minutes until tender.
3. Serve as a side with rice or flatbread.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high in fiber and nutrients.

161. Chicken and Rice Stew

****Ingredients:****

- 300g chicken (bone-in pieces)
- 1/2 cup rice
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until golden.
2. Add ginger-garlic paste, chicken, and turmeric; stir-fry for 5 minutes.
3. Add rice, salt, and 3 cups water; bring to a boil, then simmer for 25-30 minutes until cooked.
4. Serve hot as a one-pot meal.

****Calories:**** Approximately 300-350 kcal per serving (1 bowl).

****Health Assessment:**** Balanced. Protein, carbs, and moderate fat.

162. Spicy Roasted Potatoes

****Ingredients:****

- 4 medium potatoes, cut into wedges
- 1 tsp red chili powder
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Toss potato wedges with chili powder, cumin, turmeric, salt, and oil.
2. Spread on a baking tray and roast at 400°F (200°C) for 25-30 minutes, flipping halfway, until crispy.
3. Serve hot as a side or snack.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Simple and tasty, with moderate oil.

163. Prawn Fried Rice

****Ingredients:****

- 1 cup cooked rice (preferably cold)
- 200g prawns, peeled
- 1 onion, chopped
- 1/2 cup mixed vegetables (carrots, peas)
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add prawns and vegetables, stir-fry for 5-7 minutes until prawns are cooked.
3. Mix in rice and salt, stir-fry for another 3-5 minutes until heated through.
4. Serve hot.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Balanced. Protein and carbs, moderate oil.

164. Lentil and Spinach Patties

Ingredients:

- 1 cup split yellow lentils (toor dal), soaked
- 1 cup spinach, chopped
- 1 onion, finely chopped
- 1 tsp cumin powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Grind soaked lentils with minimal water into a coarse paste.
2. Mix in spinach, onion, cumin, chili powder, and salt.
3. Shape into patties, heat oil in a pan, and fry for 3-4 minutes per side until golden.
4. Serve with chutney or as a snack.

****Calories:**** Approximately 200-250 kcal per serving (2-3 patties).

****Health Assessment:**** Healthy. High in protein and iron, moderate oil.

165. Okra and Tomato Stew

Ingredients:

- 300g okra, chopped
- 2 tomatoes, chopped
- 1 onion, sliced

- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add okra, turmeric, and salt; stir-fry for 5 minutes.
3. Add tomatoes and 1/2 cup water, simmer for 15-20 minutes until okra is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high in fiber, moderate oil.

166. Spicy Carrot and Lentil Stew

****Ingredients:****

- 1/2 cup split red lentils
- 2 carrots, sliced
- 1 onion, chopped
- 1 tbsp ginger paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until golden.
2. Add ginger paste, lentils, carrots, turmeric, and salt; stir for 2 minutes.
3. Add 3 cups water, bring to a boil, then simmer for 25-30 minutes until lentils and carrots are soft.
4. Serve hot with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 bowl).

****Health Assessment:**** Very healthy. High in fiber, protein, and vitamins.

167. Chicken with Spinach

****Ingredients:****

- 500g chicken (bone-in pieces)
- 2 cups spinach, chopped
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, turmeric, chili powder, and salt; stir-fry for 10 minutes.
3. Add spinach and 1/2 cup water, cover, and simmer for 20-25 minutes until chicken is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 300-350 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and iron, moderate oil.

168. Spicy Corn Fritters

****Ingredients:****

- 1 cup corn kernels (fresh or frozen)
- 1/2 cup chickpea flour
- 1 onion, finely chopped
- 1 green chili, chopped
- 1/2 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix corn, chickpea flour, onion, chili, cumin, salt, and a little water into a thick batter.
2. Heat oil in a pan, drop spoonfuls of batter, and fry for 2-3 minutes per side until golden.
3. Drain on paper towels and serve hot with chutney.

****Calories:**** Approximately 200-250 kcal per serving (4-5 fritters).

****Health Assessment:**** Moderately healthy. Nutrient-rich, but frying adds fat.

169. Fish with Green Beans

****Ingredients:****

- 500g fish fillets (like tilapia)
- 1 cup green beans, chopped
- 1 onion, sliced

- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ginger-garlic paste, green beans, turmeric, and salt; cook for 5 minutes.
3. Add fish and 1/2 cup water, simmer for 10-12 minutes until fish is cooked.
4. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 fillet with beans).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

170. Potato and Egg Scramble

****Ingredients:****

- 2 medium potatoes, diced
- 3 eggs
- 1 onion, chopped
- 1 green chili, chopped
- 1/2 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry potatoes with turmeric and salt for 10-12 minutes until tender, then add onion and chili; cook until soft.
2. Beat eggs, pour into the pan, and scramble for 3-5 minutes until cooked.
3. Serve hot with bread or as a side.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Nutritious. Balanced protein and carbs, moderate fat.

171. Spiced Peas and Rice

****Ingredients:****

- 1 cup basmati rice
- 1 cup peas (fresh or frozen)
- 1 onion, sliced
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Rinse rice and soak for 20 minutes, then drain.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add peas, turmeric, chili powder, and salt; stir for 2 minutes.
4. Mix in rice and 2 cups water, bring to a boil, then simmer covered for 15-20 minutes.
5. Serve hot with yogurt.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Balanced. Carbs and veggies, moderate oil.

172. Spicy Lamb Stew

****Ingredients:****

- 500g lamb, cut into chunks
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 1 potato, cubed
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add lamb, chili powder, cumin, and salt; stir-fry for 10 minutes.
3. Add potato and 3 cups water, simmer for 1-1.5 hours until lamb is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, but higher in fat from lamb.

173. Flatbread with Lentil Filling

****Ingredients:****

- 1 cup flour

- 1/2 cup split red lentils, boiled and mashed
- 1 tsp cumin seeds
- 1/2 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix mashed lentils with cumin, chili powder, and salt.
2. Knead flour with water and salt into a soft dough, rest for 20 minutes.
3. Roll dough into circles, stuff with lentil mix, seal, and roll out again.
4. Cook on a hot skillet with oil for 2-3 minutes per side until golden.
5. Serve with yogurt or curry.

****Calories:**** Approximately 300-350 kcal per serving (1 flatbread).

****Health Assessment:**** Nutritious. High in protein and fiber, moderate oil.

174. Prawn and Potato Curry

****Ingredients:****

- 300g prawns, peeled
- 2 medium potatoes, cubed
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add potatoes, turmeric, chili powder, and salt; cook for 5 minutes.
3. Add prawns and 1 cup water, simmer for 10-15 minutes until potatoes are tender.
4. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein, moderate carbs and oil.

175. Roasted Cauliflower with Spices

****Ingredients:****

- 1 medium cauliflower, cut into florets
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Toss cauliflower with turmeric, chili powder, cumin, salt, and oil.
2. Spread on a baking tray and roast at 400°F (200°C) for 20-25 minutes, flipping halfway, until crispy.
3. Serve as a side or snack.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high in fiber, moderate oil.

176. Spicy Zucchini Stir-Fry

Ingredients:

- 2 medium zucchinis, sliced
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add zucchini, turmeric, chili powder, and salt; stir-fry on medium heat for 10-15 minutes until tender.
3. Serve as a side with rice or flatbread.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high in fiber, minimal oil.

177. Chicken and Lentil Curry

Ingredients:

- 500g chicken (bone-in pieces)
- 1/2 cup split yellow lentils (toor dal)
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder

- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, lentils, turmeric, chili powder, and salt; stir-fry for 5 minutes.
3. Add 3 cups water, bring to a boil, then simmer for 30-40 minutes until chicken and lentils are tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 300-350 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

178. Spicy Corn and Potato Mash

****Ingredients:****

- 1 cup corn kernels (fresh or frozen)
- 2 medium potatoes, boiled and mashed
- 1 onion, chopped
- 1 green chili, chopped
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion and green chili; fry until soft.
2. Add corn and salt, cook for 5 minutes, then mix in mashed potatoes.
3. Stir-fry for another 5-7 minutes until well combined; serve hot as a side.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Moderately healthy. Balanced carbs and veggies, moderate oil.

179. Fish and Spinach Stew

****Ingredients:****

- 500g fish fillets (like cod or tilapia)
- 2 cups spinach, chopped
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ginger-garlic paste, spinach, turmeric, and salt; cook for 5 minutes.
3. Add fish and 1 cup water, simmer for 10-12 minutes until fish is cooked.
4. Serve with rice or flatbread.

****Calories:**** Approximately 250-300 kcal per serving (1 fillet with spinach).

****Health Assessment:**** Healthy. High in protein and iron, moderate oil.

180. Spicy Eggplant Curry

****Ingredients:****

- 2 medium eggplants, cubed
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add tomato puree, turmeric, chili powder, and salt; cook until oil separates (5-7 minutes).
3. Add eggplant and 1/2 cup water, cover, and simmer for 15-20 minutes until tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high in fiber, moderate oil.

181. Rice with Mixed Lentils

****Ingredients:****

- 1 cup basmati rice
- 1/2 cup mixed lentils (split red, yellow, or green)
- 1 onion, sliced
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 2 tbsp oil

- Salt to taste

****Instructions:****

1. Rinse rice and lentils, soak for 20 minutes, then drain.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add rice, lentils, turmeric, and salt; stir for 2 minutes.
4. Add 3 cups water, bring to a boil, then simmer covered for 20-25 minutes.
5. Serve with yogurt or curry.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and carbs, moderate oil.

182. Spicy Beef with Potatoes

****Ingredients:****

- 500g beef, cubed
- 2 medium potatoes, cubed
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add beef, chili powder, cumin, and salt; stir-fry for 10 minutes.
3. Add potatoes and 2 cups water, simmer for 1-1.5 hours until beef is tender.

4. Serve with rice or flatbread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, but higher in fat from beef.

183. Flatbread with Onion Filling

****Ingredients:****

- 1 cup flour
- 1 large onion, finely chopped
- 1 green chili, chopped
- 1/2 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix onion, chili, cumin, and salt as a filling.
2. Knead flour with water and salt into a soft dough, rest for 20 minutes.
3. Roll dough into circles, stuff with onion mix, seal, and roll out again.
4. Cook on a hot skillet with oil for 2-3 minutes per side until golden.
5. Serve with yogurt or curry.

****Calories:**** Approximately 250-300 kcal per serving (1 flatbread).

****Health Assessment:**** Moderately healthy. Flavorful, with moderate oil and carbs.

184. Prawn and Spinach Stir-Fry

****Ingredients:****

- 300g prawns, peeled
- 2 cups spinach, chopped
- 1 onion, sliced
- 1 tsp ginger paste
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger paste and cook for 1 minute.
2. Add prawns, chili powder, and salt; stir-fry for 5 minutes.
3. Add spinach and cook for another 3-5 minutes until wilted.
4. Serve hot with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and iron, moderate oil.

185. Roasted Pumpkin with Spices

****Ingredients:****

- 2 cups pumpkin, cubed
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Toss pumpkin with turmeric, chili powder, cumin, salt, and oil.
2. Spread on a baking tray and roast at 400°F (200°C) for 20-25 minutes, flipping halfway, until tender.
3. Serve as a side or snack.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high in vitamins, moderate oil.

186. Spicy Peas and Potato Stir-Fry

****Ingredients:****

- 1 cup peas (fresh or frozen)
- 2 medium potatoes, cubed
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until golden.
2. Add potatoes, peas, turmeric, chili powder, and salt; stir well.
3. Cook on medium heat for 15-20 minutes, stirring occasionally, until potatoes are tender.
4. Serve as a side with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in fiber and carbs, moderate oil.

187. Chicken with Green Beans

Ingredients:

- 500g chicken (bone-in pieces)
- 1 cup green beans, chopped
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, turmeric, cumin, and salt; stir-fry for 10 minutes.
3. Add green beans and 1 cup water, simmer for 20-25 minutes until chicken is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 300-350 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

188. Spicy Lentil Fritters

Ingredients:

- 1 cup split red lentils, soaked for 2 hours
- 1 onion, finely chopped

- 1 green chili, chopped
- 1 tsp cumin seeds
- 1/2 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Grind soaked lentils with minimal water into a coarse batter.
2. Mix in onion, chili, cumin, chili powder, and salt.
3. Heat oil in a pan, drop spoonfuls of batter, and fry for 2-3 minutes per side until golden.
4. Serve hot with chutney or as a snack.

****Calories:**** Approximately 200-250 kcal per serving (4-5 fritters).

****Health Assessment:**** Healthy. High in protein, moderate fat from frying.

189. Fish with Coconut Milk

****Ingredients:****

- 500g fish fillets (like cod or tilapia)
- 1 cup coconut milk
- 1 onion, chopped
- 1 tbsp ginger paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger paste and cook for 1 minute.
2. Add turmeric, chili powder, and salt, then stir in coconut milk and bring to a simmer.
3. Add fish and cook for 10-12 minutes until tender.
4. Serve with rice.

****Calories:**** Approximately 300-350 kcal per serving (1 fillet with sauce).

****Health Assessment:**** Healthy. High in protein, with healthy fats from coconut milk.

190. Spicy Okra Stir-Fry

****Ingredients:****

- 300g okra, sliced
- 1 onion, chopped
- 1 tsp mustard seeds
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add mustard seeds, then onion; fry until soft.
2. Add okra, turmeric, chili powder, and salt; stir-fry for 15-20 minutes until tender and slightly crispy.
3. Serve as a side with rice or flatbread.

****Calories:**** Approximately 150-200 kcal per serving (1 cup).

****Health Assessment:**** Healthy. Low-calorie, high in fiber, moderate oil.

191. Rice with Vegetables and Eggs

Ingredients:

- 1 cup cooked rice (preferably cold)
- 1/2 cup mixed vegetables (carrots, peas)
- 2 eggs, beaten
- 1 onion, chopped
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

Instructions:

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add vegetables and salt, stir-fry for 5 minutes, then push to one side of the pan.
3. Pour in eggs, scramble for 2-3 minutes, then mix in rice and stir-fry for 5 minutes.
4. Serve hot.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Balanced. Protein, carbs, and veggies, moderate oil.

192. Spicy Mutton with Carrots

Ingredients:

- 500g mutton, cubed
- 2 carrots, sliced
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder

- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add mutton, chili powder, cumin, and salt; stir-fry for 10 minutes.
3. Add carrots and 2 cups water, simmer for 1-1.5 hours until mutton is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, with added fiber from carrots, higher in fat.

193. Flatbread with Spicy Peas

****Ingredients:****

- 1 cup flour
- 1 cup peas (fresh or frozen), mashed
- 1 green chili, chopped
- 1/2 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix mashed peas with chili, cumin, and salt as a filling.
2. Knead flour with water and salt into a soft dough, rest for 20 minutes.
3. Roll dough into circles, stuff with pea mix, seal, and roll out again.
4. Cook on a hot skillet with oil for 2-3 minutes per side until golden.

5. Serve with yogurt or curry.

****Calories:**** Approximately 250-300 kcal per serving (1 flatbread).

****Health Assessment:**** Nutritious. High in fiber and carbs, moderate oil.

194. Prawn and Cauliflower Curry

****Ingredients:****

- 300g prawns, peeled
- 1 cup cauliflower florets
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger-garlic paste and cook for 2 minutes.
2. Add cauliflower, turmeric, chili powder, and salt; cook for 5 minutes.
3. Add prawns and 1 cup water, simmer for 10-15 minutes until cauliflower is tender.
4. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

195. Roasted Bitter Gourd

Ingredients:

- 2 medium bitter gourds, sliced
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

Instructions:

1. Soak bitter gourd in salted water for 20 minutes, then drain.
2. Toss with turmeric, chili powder, cumin, salt, and oil.
3. Spread on a baking tray and roast at 400°F (200°C) for 20-25 minutes, flipping halfway, until crispy.
4. Serve as a side or snack.

****Calories:**** Approximately 120-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, good for digestion, moderate oil.

196. Spicy Ridge Gourd Stir-Fry

Ingredients:

- 2 cups ridge gourd, peeled and chopped
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 2 tbsp oil

- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ridge gourd, turmeric, chili powder, and salt; stir-fry on medium heat for 15-20 minutes until tender.
3. Serve as a side with rice or flatbread.

****Calories:**** Approximately 100-150 kcal per serving (1 cup).

****Health Assessment:**** Very healthy. Low-calorie, high in fiber, moderate oil.

197. Chicken with Potatoes

****Ingredients:****

- 500g chicken (bone-in pieces)
- 2 medium potatoes, cubed
- 1 onion, sliced
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add chicken, turmeric, chili powder, and salt; stir-fry for 10 minutes.
3. Add potatoes and 1 cup water, simmer for 20-25 minutes until chicken and potatoes are tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 300-350 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and carbs, moderate oil.

198. Spicy Chickpea Patties

****Ingredients:****

- 1 cup boiled chickpeas, mashed
- 1 onion, finely chopped
- 1 green chili, chopped
- 1 tsp cumin powder
- 1/2 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix mashed chickpeas with onion, chili, cumin, chili powder, and salt into a dough-like mixture.
2. Shape into patties.
3. Heat oil in a pan, fry patties for 3-4 minutes per side until golden.
4. Serve with chutney or as a snack.

****Calories:**** Approximately 200-250 kcal per serving (2-3 patties).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

199. Fish with Peas

****Ingredients:****

- 500g fish fillets (like tilapia or carp)
- 1 cup peas (fresh or frozen)
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, add cumin seeds, then onion; fry until soft.
2. Add ginger-garlic paste, peas, turmeric, and salt; cook for 5 minutes.
3. Add fish and 1/2 cup water, simmer for 10-12 minutes until fish is cooked.
4. Serve with rice.

****Calories:**** Approximately 250-300 kcal per serving (1 fillet with peas).

****Health Assessment:**** Healthy. High in protein and fiber, moderate oil.

200. Spicy Tomato and Egg Curry

****Ingredients:****

- 4 eggs, hard-boiled and peeled
- 2 tomatoes, pureed
- 1 onion, chopped
- 1 tbsp ginger paste
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 2 tbsp oil

- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger paste and cook for 1 minute.
2. Add tomato puree, turmeric, chili powder, and salt; cook until oil separates (5-7 minutes).
3. Add eggs and 1/2 cup water, simmer for 5-10 minutes until coated.
4. Serve with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (2 eggs with gravy).

****Health Assessment:**** Nutritious. Protein-rich, moderate oil and spices.

201. Rice with Spinach and Lentils

****Ingredients:****

- 1 cup basmati rice
- 1/2 cup split green lentils (moong dal)
- 1 cup spinach, chopped
- 1 onion, sliced
- 1 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Rinse rice and lentils, soak for 20 minutes, then drain.
2. Heat oil, add cumin seeds, then onion; fry until golden.
3. Add spinach, rice, lentils, and salt; stir for 2 minutes.
4. Add 3 cups water, bring to a boil, then simmer covered for 20-25 minutes.
5. Serve with yogurt.

****Calories:**** Approximately 250-300 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein, iron, and carbs.

202. Spicy Beef with Green Beans

****Ingredients:****

- 500g beef, cubed
- 1 cup green beans, chopped
- 1 onion, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Add beef, chili powder, cumin, and salt; stir-fry for 10 minutes.
3. Add green beans and 2 cups water, simmer for 1-1.5 hours until beef is tender.
4. Serve with rice or flatbread.

****Calories:**** Approximately 350-400 kcal per serving (1 cup).

****Health Assessment:**** Protein-rich, with added fiber, higher in fat.

203. Flatbread with Potato Filling

****Ingredients:****

- 1 cup flour
- 2 medium potatoes, boiled and mashed
- 1 green chili, chopped
- 1/2 tsp cumin seeds
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix mashed potatoes with chili, cumin, and salt as a filling.
2. Knead flour with water and salt into a soft dough, rest for 20 minutes.
3. Roll dough into circles, stuff with potato mix, seal, and roll out again.
4. Cook on a hot skillet with oil for 2-3 minutes per side until golden.
5. Serve with yogurt or curry.

****Calories:**** Approximately 300-350 kcal per serving (1 flatbread).

****Health Assessment:**** Filling. High in carbs, moderate oil.

204. Prawn and Carrot Stir-Fry

****Ingredients:****

- 300g prawns, peeled
- 2 carrots, sliced
- 1 onion, sliced
- 1 tsp ginger paste
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Heat oil, fry onion until soft, then add ginger paste and cook for 1 minute.
2. Add prawns, carrots, chili powder, and salt; stir-fry for 7-10 minutes until prawns are cooked.
3. Serve hot with rice or flatbread.

****Calories:**** Approximately 200-250 kcal per serving (1 cup).

****Health Assessment:**** Healthy. High in protein and vitamins, moderate oil.

205. Roasted Spinach Balls

****Ingredients:****

- 2 cups spinach, chopped and steamed
- 1/2 cup chickpea flour
- 1 onion, finely chopped
- 1 tsp cumin powder
- 1 tsp red chili powder
- 2 tbsp oil
- Salt to taste

****Instructions:****

1. Mix steamed spinach, chickpea flour, onion, cumin, chili powder, and salt into a dough-like mixture.
2. Shape into small balls, brush with oil, and roast at 400°F (200°C) for 20-25 minutes until firm.
3. Serve as a snack or side.

****Calories:**** Approximately 150-200 kcal per serving (4-5 balls).

****Health Assessment:**** Healthy. High in iron and fiber, moderate oil.