



Iron Rich Veg Recipes





Mix Cress Chikki

A touch of traditional use of oilseeds can be nutritious too. Grab some of these handy and easily available oilseeds from your kitchen and make your regular chikki extremely rich in IRON!!!!

Serves: 2 pieces

Ingredients:

- Til (Sesame seeds): 2 teaspoons
- Halim seeds
(Garden cress seeds): 2 teaspoons
- Jaggery: 1 tablespoon
- Ghee: 1 teaspoon

Method:

- Heat a non-stick pan, add til seeds and halim seeds, dry roast on a medium flame for 5-10 minutes. Remove and keep aside.
- Heat ghee and add roasted seeds to it. To it add jaggery, mix well and cook on a medium flame for 3 minutes. Also stir continuously.
- When the mixture is ready, put the entire mixture over the back of a greased thali or a smooth stone surface. Roll it out into thin sheets on a thali with the help of a rolling pin.
- Cut them into wonderful shapes that your child loves and present it as a midmorning meal or as a school tiffin snack.
- Cooled cut pieces can also be stored in air tight containers.

Nutritive Value per serving:

- Energy: 190 Kcal
- Carbohydrate: 17.13 g
- Protein: 4.32 g
- Total fat: 11.7 g
- Iron: 3.80 mg





Amaranth (Rajgira) Dosa

Flavours of South India in your kitchen with amazing calcium, protein and iron rich ingredients like rajgira is the key to healthy cooking in this recipe making at Fitterfly!!!!

Serves: 4 dosas

Ingredients:

- Amaranth (Rajgira) Flour: 2 Tablespoons
- Semolina: 2 teaspoons
- Rice flour: 2 teaspoons
- Curd: 1 cup
- Til seeds: 1 teaspoon
- Chopped onion: ½ cup
- Tomatoes: ½ cup
- Green chillies: 2-3 no.
- Coriander leaves: as per taste
- Salt: as per taste
- Oil: 2 teaspoons

Method:

- Mix amaranth, rice flour and semolina in a bowl. To it add curd and approximately one cup of water to mix the batter. Adjust water to make smooth batter.
- Add sautéed onions, tomatoes, til seeds and green chilli. Add green chilies and salt as per taste.
- Heat the pan, add batter as per size of dosa required. Add a dash of oil for greasing and cook on a low flame. Flip the dosa when brown on one side for slight cooking on the other side.
- Serve warm with south special molgapodi chutney or coconut chutney for best taste.

Nutritive Value per serving:

- Energy: 336 Kcal
- Carbohydrates: 36.19 g
- Protein: 7.61 g
- Total fat: 15 g
- Iron: 2.23 mg



Rajma Shepu Dal

A dash of flavorsome and iron rich dill leaves in your regular dal with zesty Indian spices will make your child lick, the most ignored element of meals, till its last sip.

Serves: 1 bowl

Ingredients:

- Rajmah, black- 1 Tablespoon
- Chopped Shepu (Dill leaves)- 2 teaspoon
- Chopped onion- 2 teaspoon
- Chopped spinach leaves - 1 teaspoon
- Tomatoes, ripe- 1 teaspoon
- Cooking oil- 1 teaspoon
- Ginger, fresh- 1 teaspoon
- Turmeric powder- 1/2 teaspoon
- Cumin- 1/2 teaspoon
- Cloves- 1/2 teaspoon
- Chillies red dry- 1/2 teaspoon
- Asafoetida- 1 pinch
- Salt- 1 pinch

Method:

- Pressure cook rajma or kidney beans and keep aside.
- Thoroughly wash shepu and spinach leaves and chop them. Saute them with chopped onions, tomatoes, ginger, garam masalas as mentioned above in oil.
- Add the prepared tadka to cooked rajma. Add slight water for proper mixing and let it boil.
- Add salt as per taste in to the cooked dal and serve hot with garnished dill leaves.

Nutritive Value per serving:

- Energy: 120 Kcal
- Carbohydrate: 11.5 g
- Protein: 3.18 g
- Total fat: 5.6 g
- Iron: 1.89 mg





Yummy Croustades

Pack your regular sandwiches with a new twist of protein packed sprouts and fresh vegetables and make your breakfast and snacks, a healthy experience.

Serves: 4

Ingredients:

- 4 slices of Multigrain Bread

Filling:

- $\frac{3}{4}$ th Cup whole moong- Soak for 6-8 hours/overnight, tie in muslin cloth for sprouts to grow, wait till dry and roast and use.
- 1 Tbsp oil/butter
- 2 small chopped spring onions with greens
- $\frac{1}{2}$ finely chopped green capsicum
- 10-12 curry leaves
- 1 chopped green chilli
- 1 finely chopped carrot
- 1 finely chopped tomato
- 1 tsp Soya Sauce
- 1 cube shredded paneer/ cheese cube
- Salt and pepper as per taste

Filling:

- Cut the sides of Multigrain bread along its length. Brush butter on the cut surface of all 4 pieces and grill the slices till crisp.
- For the filling, heat oil in a pan, add white of spring onions, capsicum and carrot & green chillies
- Cook for 2 mins, stirring. Add dried roasted moong, soya sauce, curry leaves, salt & pepper. Mix well, mashing the sprouts for about 3-4 mins. Add tomatoes, mix.
- Add greens of spring onion, paneer or cheese and mix till light brown. Remove from fire.
- Spoon this hot mixture into grilled hollowed bread croustades.

Nutritive Value per serving:

• Energy:	157 Kcal
• Carbohydrate:	20 g
• Protein:	6.5 g
• Total fat:	3.7 g
• Calcium:	73.5 mg
• Iron:	0.7 mg
• Total Folate:	30.66 mcg





Iron Rich Non Veg Recipes





Anda Kaleji

A wonderful combination of egg and liver cooked with variety of masalas makes this recipe predominantly rich in protein and iron and proves to be an excellent serve along with paratha or rice.

Serves: 2

Ingredients:

- 150 gms kaleji
- 1 egg
- 2tbsp oil
- 1 tsp ginger paste
- 1 tsp garlic paste
- ½ onion, chopped
- 1 tomato, chopped
- ½ tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp coriander powder
- ½ tsp cumin seeds
- ¼ tsp garam masala
- ½ tsp chilli, crushed
- ¼ tsp black pepper
- Salt to taste
- ¼ tsp green chilli, chopped
- Coriander leaves (for garnish)

Method:

- Take a big pan and put oil and let it heat.
- Add ginger paste and garlic paste.
- Add onion, tomatoes, spices and green chillies. Cook together.
- Then add kaleji and cook for 25 minutes.
- Add raw egg to the cooked kaleji and mix till done.
- Garnish with coriander leaves.

Nutritive Value per serving:

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| • Energy: | 294.16 Kcal |
| • Carbohydrate: | 5.4 g |
| • Protein: | 19.4 g |
| • Total fat: | 21.2 g |
| • Iron: | 6.24 mg |



Dried Prawns Pulao

A good flavourful, delicious and healthy pulao comes to our rescue on most busy days since its quick and easy to prepare. Simple pulao with simple masalas and a rich combination of nutrients make this yummy recipe a must try for all rice lovers!

Serves: 2

Ingredients:

- Dried Prawns: 25 gms
- Cooking Oil: 1 tbsp
- Rice: ½ Cup
- Onions, sliced: 1 small
- Potato: 1 small
- Cinnamon: 1 small stick
- Bay Leaf: 1
- Ginger- Garlic Paste: 2 tsp
- Turmeric Powder: ¼ tsp
- Asafoetida: ¼ tsp
- Salt: ¼ tsp
- Garam Masala: 1 tsp
- Coconut fresh: 1 tsp
- Coriander: 2 tsp
- Boiled egg: 0.5

Method:

- Wash dried prawns properly and soak in regular temperature water for 15 minutes and then squeeze them.
- Wash rice drain all water and keep aside. Peel potato and cut into 1-inch pieces.
- Heat oil in a pressure pan/cooker. Add bay leaf, cinnamon and sliced onion.
- When onion turns light brown, add turmeric powder, asafoetida, garam masala and sauté for 2 minutes. Add ginger-garlic paste and soaked dried prawns. Sauté for 2-3 minutes.
- Add tomato, potato and grinded coconut paste. Mix well and sauté for 2 minutes.
- Add rice and sauté for a minute.
- Add water and salt. Mix well, close the cooker with lid and cook until there are 3 to 4 whistles. (Instead of using only water, you may use half quantity of water and half quantity of coconut milk for rich taste).
- Garnish with chopped coriander and boiled egg.

Nutritive Value per serving:

- Energy: 355.3 Kcal
- Carbohydrate: 38.1 g
- Protein: 16.1 g
- Total fat: 14.5 g
- Iron: 3.65 mg