

TRINITY COLLEGE FOR WOMEN, NAMAKKAL
DEPARTMENT OF NUTRITION AND DIETETICS
EAT RIGHT



Nutrient Rich Recipes

Kambu payasam

Ingredients

Kambu - 1 cup

Jaggery - 1 1/2 cup

Milk - 1 cup

Ghee - 2 tsp

Cashew - 5 nos

Raisins - 5 nos

Cardamom Powder - 1/2 tsp



Procedure

- In a heavy bottom kadhai, dry roast the kambu over simmer.
- Cool the roasted kambu, then grind coarsely and keep aside.
- Make the palm jaggery and jaggery syrup with a cup of water, keep aside.
- To make the payasam, heat the milk and bring to boil.
- Then add the coarsely ground kambu, mix well and cook for 15mins over medium-simmer.
- Then filter the jaggery's syrup into the payasam mixture, mix well and cook for about 5mins.
- Separately ghee roast the cashews and raisins. Then add the cashews, raisins and cardamom powder into the payasam mixture, mix well.
- Finally add the milk, mix well and turn off the flame.
- Kambu payasam is ready to serve.

Rice laddoo

Ingredients

Brown rice – 500 grams

Coconut – 1 (grated)

Jaggery – 500 grams

Ghee – 50 ml

Cardamom powder – 1 tsp

Cashew bits – ½ cup

Procedure

- Wash rice once or twice, drain completely and Spread this on a clean cloth and let it air dry. It takes one to two hours .
- After one to two hours, check the moisture. If it is completely dry while handling, it is ready to use.
- Heat one thick bottomed vessel, add dried rice little by little and roast, it will pop a little and texture will become brittle and little puffy. Do this procedure in 3 to 4 batches and cool.
- When it cools down, make powder sieve this powder and keep aside.
- Now dry roast grated coconut until it emits fragrance. Keep aside.
- Boil jaggery by putting one cup of water. When it melts filter this solution to remove any impurities.
- Take this liquid and boil further till it reaches one thread consistency.
- When it reaches one thread consistency, mix in roasted coconut gratings, ghee, roasted cashew bits, rice powder and cardamom powder.
- Mix nicely. At this stage mixture will be too wet to handle. So, keep aside for half to one hour, till mixture becomes little dry and ready to handle.
- When you feel it is ready, take a small amount in a hand and make laddu and keep aside.
- Store these laddu's in an airtight container. This laddu stays good for long.



Lavanya. V - III Year N & D

Barnyard Millet Briyani

Ingredients

Barnyard millet - 1 cup
Mixed vegetables - 1/2 cup
Oil - 1tbsp
Ghee - 1tsp
Bay leaf & Green chilli - 1
Onion & Tomato finely chopped - 1
Turmeric powder - 1 tsp
Salt - As needed
Fneely chopped coriander & mint leaves - 1 tbsp

To grind

Grlic cloves - 6
Small piece ginger - 1
Red chili powder & Coriander powder - 1 tsp
Onion - 1/4 portion
Fennel seeds - 1/2 tsp
Small kalpaasi - 1
Water to grind - 2 to 3 tbsp



Procedure

- Wash the millet thrice and add 1 cup of water to this and soak for 10 minutes.
- In a mixie jar add 6 garlic cloves, 1 small ginger, 1 tsp red chili powder, 1 tsp coriander powder, ¼ portion onion, 1 tsp fennel seeds and 1 small kalpasi.
- Add 2-3 tbsp of water and grind this into smooth paste.
- In a pressure cooker add 1 tbsp of oil and 1 tsp of ghee.
- Add 1 slit green chilli and 1 bay leaf.
- Now add 1 finely chopped onions. Saute till translucent.
- Add 1 finely chopped tomatoes.
- Now cook this for a minute.
- Add the ground paste to this and cook for a minute.
- Add the mixed vegetables to this.
- Now add the soaked millet with water.
- Add salt and turmeric powder.
- Combine well and cover the lid.
- Pressure cook for one whistle and simmer for 7 minutes.
- Switch off the stove. Gently fluff the millets from the sides. Garnish with coriander leaves.
- Millet Vegetable Briyani is ready to serve. Serve with any raita of your choice.

Black channa sundal



Procedure

- Rinse a couple of times and soak the black chickpeas overnight in a bowl with enough water.
- Next day, drain the water and rinse the black chickpeas a few times in fresh water.
- Transfer the black chickpeas to a 3 litre stovetop pressure cooker. Add water and salt.
- Pressure cook on medium heat for about 10 to 11 minutes or 10 to 12 whistles.
- Cool slightly and drain all the water from the black chickpeas using a strainer and set aside.
- Heat oil in a pan. Lower the heat and add the mustard seeds and urad dal.
- The mustard seeds will crackle and the urad dal will get browned. Stir often.
- They almost take the same time to cook on a low heat.
- Immediately, add the curry leaves, red chilies and asafoetida. Fry for 10 to 15 seconds.
- Now add the cooked black channa and salt. Stir and sauté for 4 to 5 minutes on a low to medium heat.
- Switch off the heat and add the fresh grated coconut. Stir to combine. Serve the Black Channa Sundal or Kondakadalai Sundal.

Ingredients

Black chickpeas (black channa) - 1/2 cup
Water - 1.5 to 2 cups for pressure cooking the black chickpeas
Mustard seeds - 3/4 tsp
Urad dal (spilt) - 3/4 tsp
Green chili – 1
Dry red chili - 1
Asafoetida (hing) - A pinch
Grated fresh coconut - 2 tbsp
Curry leaves - 10 to 12
Peanut oil - tbsp
Salt - As needed

Barley

Dosa

Ingredients

Barley - 1 cup

Urad dhal - 1/2 cup

Fenugreek - 1 tsp

Salt - As required



Procedure

- In a wide bowl add barley, millet (can use little millet or barnyard millet too) or idli rice, urad dal.
- Wash and soak them in water for 4-5 hours or Keep it for overnight too.
- Drain the water and grind into a smooth paste.
- Transfer this to a bowl and add salt.
- Mix well with hands and keep it aside for 5-6 hours.
- Generally millet batter will ferment so fast than the usual batter.
- Add little water to adjust the consistency. Mix well
- Heat a dosa pan.
- Pour a ladle of dosa batter and spread on the tawa.
- Drizzle little oil on the top.
- Once it is cooked on one side, flip to the next side.
- Cook for few seconds and take it out from the pan.
- Crispy dosa is ready to serve.
- Serve with any chutney of your choice.

Wheat cake

(With Egg)

Ingredients

Whole wheat flour - 1 cup

Jaggery - 1 cup

Baking powder - Baking powder

Oil - 1/3 cup

Eggs - 2

Water - 1/2 cup

Almond essence - 1/2 tsp

*Walnuts (dusted with flour), chopped -
1/2 cup*



Procedure

- *Place the flour, jaggery, baking powder, oil and eggs in a bowl and beat well.*
- *Add the water and almond essence. Beat till smooth. Mix in the walnuts.*
- *Place the mixture into the tin and bake in the pre-heated oven for 35-40 minutes or till a knife pierced in comes out clean.*



Wheat cake

(Eggless)

Procedure

- *Place the flour, jaggery, baking powder, Butter and Curd in a bowl and mix well.*
- *Add the milk and vanilla essence. Beat till smooth. Mix in the almonds.*
- *Place the mixture into the tin and bake in the pre-heated oven for 35-40 minutes or till a knife pierced in comes out clean.*



Ingredients

Whole wheat flour - 1 cup
Jaggery - 3/4 cup
Baking powder -
Ghee - 1/4 cup
Curd- 2 tbsp
Milk - 1/2 cup
Vanilla essence - 1/2 tsp
Almonds - 1/4 cup

Kitchen
Gardening

Stages of Gongura



Benefits

- Improves eye sight
- Prevent anemia
- Improves hair growth
- Rich in fiber

Stages of Spinach



Benefits

- Reduces Blood Sugar.
- Aids in Good Bone Health.
- Aids in Weight Loss.

Stages of Agathi leaves



Benefits

- Regulates Diabetes & Cholesterol
- Boosts Immunity
- Prevents Cancer

Stages of Tulsi



Benefits

- Reduces Cold, Cough & Other Respiratory Disorders
- Reduces Stress & Blood Pressure
- Anti-cancer Properties

Stages of Coriander leaves



Benefits

- Helps to lower Bad Cholesterol.
- Fortifies Bone Health.
- Help to Enhance Gut Health.
- Promote Skin Health.

Kaviya.K - II Year N & D

Stages of Karisilangani Greens



Benefits

- Improves hair growth
- Good for liver disorders
- Prevents skin diseases

Art From
Waste



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Your diet is a bank
account good food choices
are good investments
- Bethenny Frankle