



# Weight Loss Recepies

# Index

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<b>01.</b>	Instant Ragi Rava Idli	<b>03</b>
<b>02.</b>	Quinoa Dosa	<b>04</b>
<b>03.</b>	Moong Dal Chilla	<b>06</b>
<b>04.</b>	Chana Dal Pulao	<b>07</b>
<b>05.</b>	Instant Pot Choley Masala	<b>08</b>
<b>06.</b>	Pumpkin Salad (with Feta and Walnuts)	<b>10</b>
<b>07.</b>	Chicken Tikka Kebab	<b>11</b>
<b>08.</b>	Egg Bhurji (Spiced Indian Scrambled Eggs)	<b>12</b>
<b>09.</b>	Spiced Buttermilk	<b>13</b>
<b>10.</b>	Masala Oats	<b>14</b>



1

## Instant Ragi Rava Idli



### INGREDIENTS:

- ½ cups Ragi Flour / Finger Millet Flour
- ½ cup Semolina / Sooji
- ½ cup Yogurt
- ¼ tsp Baking Soda
- ¼ - ½ cup Water or as needed
- Salt to taste

### INSTRUCTIONS

1. Combine the ragi flour, semolina and salt in a mixing bowl. Mix until well combined.
2. Add the yogurt to the flour mixture and mix.
3. Add water little by little and make a batter.
4. Let the batter sit for about 15 -30 minutes.
5. Mix the batter once and add water if needed. The batter consistency should be like a normal idli batter consistency.
6. Finally, add baking soda and mix until well combined.
7. Immediately fill the greased idli plates with the prepared batter and steam cook for 8-10 minutes over a high flame.

## Quinoa Dosa



### INGREDIENTS:

- 1 cup Quinoa
- ½ cup Rolled Oats
- ½ cup Urad Dal or whole urad gota
- ½ cup Chana Dal \*see notes
- ½ teaspoon Fenugreek seeds (Methi dana)
- 1 inch Ginger
- 1-2 Green Chili Pepper optional
- 1 teaspoon Salt use non-iodized salt if fermenting\*
- Oil or Ghee to make dosa

### INSTRUCTIONS

#### Making the Batter

1. Add urad quinoa, oats, chana dal, urad dal and methi seeds to a large bowl.
2. Rinse till the water runs clear. Soak in about 4 cups of water for 4-5 hours.
3. Drain water from the soaked quinoa and lentils. Add to a high speed blender jar. Add ginger, green chili pepper and salt.
4. Add about 1 cup cold water as needed to grind the batter to a smooth paste. Start with less water and add as needed.
5. Transfer the batter to a large bowl and let it rest for about 30 minutes. The batter consistency should neither be thick nor runny, but rather it should be free flowing.

### Making the Dosa

1. Heat a cast iron griddle (tawa) on medium-high heat. You can also use a non-stick dosa tawa, but cast iron is best for crispy dosa's.
2. Make sure the tawa is heated well before making dosa. You can sprinkle some water to and it should sizzle right away.
3. Put a few drops of oil on the tawa and spread with a paper towel all over the tawa. You can also use an onion cut in half and use the flat side to spread the oil. This helps to cool down the tawa and spread the batter in a thin layer. Lower the heat a little while spreading the batter, and change back to medium-high right after spreading the batter.
4. Take a ladle full of the batter and pour at the center of the tawa. Immediately start to spread the batter from the center out in a circular motion in one direction (I prefer clockwise). Try to spread as thin as possible.
5. Drizzle oil or ghee around the edges of the dosa and also some at the center. Let it cook until the dosa becomes golden brown and starts to leave or come out from the edges.
6. You typically only need to cook one side of the dosa. If you have spread the dosa thick, then you might want to flip it and cook on the other side.
7. Use a flat spatula to remove the dosa from the edges. You can roll the dosa or fold at the center with the spatula. Remove from the pan and serve immediately.

8. Before making next dosa, wipe the tawa with a paper towel. Spread the oil again, then spread the dosa. Then increase heat to high.
9. Serve dosa with sambar, chutney and potato masala.

#### NOTES

1. Other Lentils: You can also add toor dal, or split green lentils or split Masoor Dal in this recipe. The addition of green lentils give a slight green color to the dosa.

**Tip:** If you are new to making Dosa, then I highly recommend reading the whole post as I share lots of tips and tricks to get the perfect batter and how to spread the dosa.

2. Spreading batter: It is important to have the tawa/griddle at the right temperature when spreading the batter. Otherwise the batter does not spread properly and sticks to the pan. Follow the tips in the recipe. Also, make sure your cast iron pan is seasoned well.
3. Fermenting: I did not ferment this quinoa dosa batter. But if you like, you can ferment it by keeping in a warm dark place for 8-10 hours. Make sure to use non-iodized salt if you want to ferment the batter.

**Storing batter:** You can store the batter in an airtight container for up to 3 days.

## Moong Dal Chilla



### INGREDIENTS:

- 1 cup Split Yellow Lentils (Moong Dal)
  - 3 cups Water for soaking
  - 2 Green Chili Pepper finely diced
  - 1 teaspoon Ginger grated
  - 1/3 cup Red onion finely chopped
  - 3 tablespoon Cilantro leaves chopped
  - 1 teaspoon Salt adjust to taste
  - 1/4 teaspoon Ground Turmeric (Haldi powder)
  - 1/2 teaspoon Kashmiri red chili powder adjust to taste
  - 2/3 cup Water or as needed
  - 4 teaspoon Oil to cook the chilla
- Cook Mode Prevent your screen from going dark

### INSTRUCTIONS

1. Add moong dal to a medium bowl. Rinse the moong dal. Add 3 cups water and soak for at least 3 hours or overnight.
2. Drain the water. Transfer dal to a blender. Add about 2/3 cup water. Blend to make a smooth batter.
3. Transfer the batter to a bowl. Add green chili, ginger, onion, cilantro, salt, turmeric and red chili powder. Mix well, and add 1-2 tablespoons more water if needed. Make sure the batter is not too thick or too runny, it should have a pouring consistency.

4. Heat an iron skillet or non-stick pan on medium heat. Add some oil, and wipe it clean with a paper towel.
5. Once the skillet is hot, turn the heat to low, take a ladle full of the batter, and pour it at the center of the pan. Using the same ladle, spread the batter on the tawa in a circular motion to make a round chilla. Now turn the heat to medium-high.
6. Drizzle some oil at the edges of the chilla and at the center on the top. Total of about 3/4 to 1 teaspoon.
7. Cook the chilla on one side for a couple of minutes, then flip it using a spatula. You should see some golden spots on the top of the chilla after it was flipped.
8. Now press with the spatula and cook the other side for 1-2 minutes.
9. When the chilla is well cooked on both sides, remove to a plate. Same way make all the chilla's. Wipe the pan with a paper towel between each chilla.
10. Serve moong dal chilla right way with chutney or tomato ketchup, and a cup of chai!

### NOTES

1. The batter must be lump-free, smooth and flowy
2. You can add other grated vegetables of your choice to the batter. eg. grated carrots

## Chana Dal Pulao



### INGREDIENTS:

- 1 cup Basmati Rice rinsed
- ½ cup Split Chickpeas (Chana dal) rinsed & soaked for 1 hour in hot water
- 2 tablespoon Ghee or Oil
- ½ cup Onion thinly sliced
- 4 cloves Garlic minced
- 1 teaspoon Ginger grated
- 1 ½ cups Water
- 2 teaspoon Lime juice
- Cilantro leaves chopped

### Spices

- ¼ teaspoon Ground Turmeric (Haldi powder)
- ½ teaspoon Kashmiri red chili powder
- ½ teaspoon Garam Masala
- 1 teaspoon Salt adjust to taste

### Whole spices

- 2 Bay leaf (Tej Patta)
  - 3 Green Cardamom (Elaichi)
  - 5 Cloves (Laung) (optional)
  - 1 inch Cinnamon (Dalchini)
  - 1 teaspoon Cumin seeds (Jeera)
  - 2 Dried Red Chili Whole
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### INSTRUCTIONS

Rinse the Chana Dal and soak for 1 hour in hot water. You can also soak in regular tap water for 4 hours.

#### Instant Pot Method

1. Start the instant pot in SAUTE mode and heat it. Add ghee and all the whole spices. Sauté them for 30 seconds until onions become transparent.
2. Add the onions, ginger and garlic. Sauté for 3-4 minutes until the onions are translucent.
3. Add the rinsed basmati rice to the pot. Drain the water from the soaked Chana Dal and add it to the pot. Then add all the spices.
4. Add water and give it a good stir. Press Cancel and close the instant pot lid with vent in sealing position.
5. Set the instant pot to RICE mode for 12 mins (low pressure). When the instant pot beeps, quick release the pressure manually.
6. Add lime juice, and fluff the rice. Garnish with cilantro and Chana Dal Pulao is ready to be served.

#### Stovetop Pressure Cooker Method

1. For stovetop pressure cooker, add 2 cups of water and cook for 2 whistles. Let the pressure release naturally.

### Stovetop Method

1. Follow the same steps as in the above method until adding water on medium-high flame.
2. Add 2 ¼ cups of water for this method. Then let the ingredients come to a boil. Now simmer to low flame and cover the pot with a lid. Cook until the water is completely absorbed.
3. The Chana Dal Pulao is ready to be enjoyed. Sprinkle lime juice and garnish with cilantro.

5

## Instant Pot Choley Masala



### INGREDIENTS:

- 1 cup Chickpeas (Chole/Garbanzo beans) washed (250 ml)
- 3 cups Water for soaking
- 1.5 cups Water for cooking
- 1 tablespoon Ghee or Oil
- 1 Green Chili Pepper chopped (optional)
- 5 cloves Garlic minced
- 1" inch Ginger grated
- 1.5 cups Onion diced
- ¾ cup Tomatoes chopped or 1 tbsp Tomato paste
- 1 tablespoon Dried Fenugreek leaves (Kasoori Methi)
- Cilantro to garnish
- Spices
- ½ teaspoon Cayenne or Red chili powder
- 1 teaspoon Coriander powder (Dhaniya powder)

### INSTRUCTIONS

1. Wash and soak chickpeas in 3 cups of water overnight or at least for 4+ hours.

#### For Instant Pot Chana Masala:

1. Start instant pot in sauté mode. Add oil, whole spices (cumin seeds, bay leaves, black peppercorn, cinnamon), ginger, garlic and green chili.
2. When the ginger and garlic turn golden brown, add onions and sauté for 3 minutes
3. Add tomato and all spices except dry mango powder. Drain the chickpeas soaking water. Add chickpeas and water for cooking. Stir well.
4. Change the instant pot setting to bean/chili mode for 35 minutes with vent in sealing position. (This is the same as pressure cook on high pressure for 35 minutes)



1 tablespoon Chole Masala  
1 teaspoon Salt adjust to taste  
1 teaspoon Dry Mango powder (Amchur)  
Whole Spices  
1 teaspoon Cumin seeds (Jeera)  
2 leaves Bay leaf (Tej Patta)  
½ teaspoon Black Peppercorns  
1 inch Cinnamon (Dalchini)  
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5. When the instant pot beeps, let the pressure release naturally. If the pin does not drop in 20 minutes, you can release the pressure and open the instant pot.
6. If you like a thicker gravy, use a hand masher or the back of your ladle to mash the chole a bit. Add the dried fenugreek leaves and dry mango powder. Change the instant pot setting to sauté mode and let it boil for 2 minutes.
7. Garnish with cilantro. Chole Masala is ready to be served with naan or bhatura.

### **For Stovetop Pressure Cooker Chana Masala**

1. Heat oil in the pressure cooker on medium-high heat. Add whole spices (cumin seeds, bay leaves, black peppercorn, cinnamon), ginger, garlic and green chili.
2. When the ginger and garlic turn golden brown, add onions and sauté for 3 minutes
3. Add tomato and all spices except dry mango powder. Drain the chickpeas soaking water. Add chickpeas and water for cooking. Stir well.
4. Pressure cook for 6-7 whistles or till the chana can be broken easily between two fingers. Let the pressure release naturally.
5. If you like a thicker gravy, use a hand masher or the back of your ladle to mash the chole a bit. Add the dried fenugreek leaves and dry mango powder.
6. Adjust water if chole are too thick. Adjust salt to taste. Bring to a quick boil if you add more water.
7. Garnish with cilantro. Chole Masala is ready to be served with fulkas.

## Pumpkin Salad (with Feta & Walnuts)



### INGREDIENTS:

For Roasting Pumpkin

- 4 cups Pumpkin or butternut squash, cut into cubes, 1 lb
- 1 tablespoon Extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon Black Pepper freshly crushed

#### For Salad

- 4 cups Arugula 5oz, or baby kale
- ⅓ cup Crumbled feta cheese 2oz
- 2 tablespoon Dried cranberries or pomegranate seeds
- 2 tablespoon Walnuts chopped
- 1 tablespoon Toasted pumpkin seeds

#### For Dressing

- 3 tablespoon Extra virgin olive oil
- 1 ½ tablespoon Balsamic Vinegar
- 1 tablespoon Honey
- ½ tablespoon Lemon juice
- salt & pepper to taste

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### INSTRUCTIONS

Preheat the oven to 400°F.

1. Toss the cubed pumpkin in a bowl with olive oil, salt and pepper.
2. Spread the pumpkin onto the baking sheet and roast in the oven for 25-30 minutes. Half way through remove from oven and flip. Then remove and let cool.
3. To make the dressing, mix the olive oil, balsamic vinegar, honey, lemon juice, salt and pepper together in a cup or a jar. Shake well!
4. In a large mixing bowl or serving platter, add the arugula leaves. Drizzle a little dressing and toss.
5. Spread the roasted pumpkin cubes, feta, walnut, dried cranberries, and toasted pumpkin seeds .
6. Drizzle the dressing onto the salad. Toss gently when serving.

## Chicken Tikka Kebab



### INGREDIENTS:

- 1 lb Chicken thighs boneless skinless, cut into 1.5-2 inch cubes
  - 1 tablespoon Oil
  - ½ cup Red Onion cut into 2 inch cubes, layers separated
  - ½ cup Green Bell Pepper cut into 2 inch cubes
  - ½ cup Red Bell Pepper cut into 2 inch cubes
  - Lime wedges to garnish
  - Onion rounds to garnish
- For marinade**
- ½ cup Yogurt greek (also called hung curd)
  - ¾ tablespoon Ginger grated
  - ¾ tablespoon Garlic minced
  - 1 tablespoon Lime juice
  - 2 teaspoon Kashmiri red chili powder mild, adjust to taste
  - ½ teaspoon Ground Turmeric (Haldi powder)
  - 1 teaspoon Garam Masala
  - 1 teaspoon Coriander powder (Dhaniya powder)
  - ½ tablespoon Dried Fenugreek leaves (Kasoori Methi)
  - 1 teaspoon Salt adjust to taste

### INSTRUCTIONS

Combine all ingredients for the marinade in a bowl and mix well. Add chicken and coat on each side with the marinade. Let it rest for anywhere between 30 minutes to 8 hours in the refrigerator.

1. When ready to cook, add the oil, onions,

green and red bell pepper to the marinade. Mix well.

2. Thread the marinated chicken, peppers and onions in the skewers alternating between each.

#### Pressure Cooker CrispLid Method:

1. Brush the CrispLid fryer basket with oil. Lightly brush the skewers on all sides with oil and place in the basket. Do not overcrowd, work in batches as needed.
2. Set CrispLid trivet in inner steel pot of pressure cooker and set fryer basket on top of trivet. Set CrispLid on top of inner steel pot and plug in. Set to 400°F and cook for 8 minutes. Flip and cook until lightly charred about 7 minutes more.
3. Serve warm with lime wedges and onion rounds, along with mint cilantro chutney to dip.

#### AirFryer Method:

1. Lightly grease the air fryer basket.
2. Arrange the chicken sticks in airfryer Cook at 180 degrees or 360F for 10 minutes.
3. Turn the chicken sticks and cook for 7 more minutes, then serve.

#### Oven Method:

1. Prepare a baking tray lined with parchment paper or foil.
2. Place a rack over top.
3. Preheat the oven to 400 degrees.
4. Place the skewers on the rack, then bake for 15-20 minutes until chicken is well cooked.
5. Turn on your oven's broiler and broil the Tikka Kebabs for about 5 minutes to get the char marks.

## Egg Bhurji (Spiced Indian Scrambled Eggs)



### INGREDIENTS:

- 4 Eggs
- 2 tablespoon Oil
- 1 teaspoon Cumin seeds (Jeera)
- 1 Green Chili Pepper
- 1 Onion large, 1.5 cups
- 1 Tomato 0.75 cup
- Cilantro to garnish
- Spices
- ¼ teaspoon Ground Turmeric (Haldi powder)
- 1 teaspoon Coriander powder (Dhaniya powder)
- ½ teaspoon Ground Cumin (Jeera powder)
- ½ Kashmiri red chili powder
- ½ teaspoon Salt adjust to taste

### INSTRUCTIONS

1. Break the eggs and add to a bowl. Whisk the eggs well and set aside.
2. Heat a pan over medium heat and once it's hot, add oil and cumin seeds. Saute for about 30 seconds until the cumin seeds change color.
3. Add onion and green chili pepper. Saute onions for about 5-7 minutes until they become golden brown in color.
4. Add tomatoes, spices and mix well. Cover with lid so that the tomatoes soften, for about 2-3 minutes.
5. Add the egg mixture and cook for 1-2 minutes, scrambling the eggs until cooked. Keep stirring continuously until cooked. Switch off heat.
6. Garnish with cilantro and serve with pav, roti or paratha.

## Spiced Buttermilk



### INGREDIENTS:

- 1 cup Yogurt
- 2 cup Chilled Water
- ½ inch Ginger
- ½ Green Chili adjust to taste or skip\*
- ¼ teaspoon Salt
- ½ teaspoon Chaat Masala
- 1 teaspoon Roasted Cumin Powder
- ½ tablespoon Cilantro Leaves
- 2-3 Mint Leaves plus more to garnish

### INSTRUCTIONS

In a blender add the ingredients.

1. Blend them well. Make sure there are no lumps.
2. Pour it into the glass and garnish it with mint leaves and sprinkle roasted cumin.
3. Serve immediately or refrigerate to chill the chaas for few hours. Chaas tastes best when served chilled.

## Masala Oats

### INGREDIENTS:

- 1 tablespoon Ghee or Oil use oil for vegan
- 1 teaspoon Cumin seeds (Jeera)
- 1 Green Chili Pepper diced, optional
- 1 cup Onion diced
- 1 teaspoon Ginger grated
- 1 teaspoon Garlic minced
- ½ cup Tomato chopped
- 1.5 cup Steel-cut Oats
- 3.5 cup Water
- 2 cup Mixed vegetables Carrots, Green Beans, Peas, Corn, Edmame, frozen or fresh
- 1 tablespoon Lime juice
- Cilantro leaves to garnish
- Spices
- ½ teaspoon Ground Turmeric (Haldi powder)
- ½ teaspoon Kashmiri red chili powder or paprika, adjust to taste
- ½ teaspoon Garam Masala
- 1 teaspoon Salt adjust to taste

### INSTRUCTIONS

1. Start the instant pot in sauté mode and heat it. Add ghee/oil, then add cumin seeds and let them sizzle.
2. Now add the green chili, onion, ginger and garlic. Sauté for 2-3 minutes until onion are translucent.
3. Add tomato and spices. Mix well.
4. Add the mixed vegetables, oats and water. Mix well. If anything is stuck to the bottom of the pot, deglaze it. Press cancel and close the lid with vent in sealing position.



5. Change the instant pot setting to pressure cook (manual) mode for 8 minutes at high pressure.
6. When the instant pot beeps, do a 10 minute npr. This means let the pressure release naturally for 10 minutes, then release the pressure manually.
7. Open the lid and add the lime juice. Mix well.
8. Garnish with cilantro leaves and enjoy with a dollop of yogurt.

### Stovetop method

1. To make this recipe on stovetop, I recommend to use rolled oats. For every cup of rolled oats, add 2 cups of water.
2. Follow the above steps for cooking the masala oats on the stovetop in a large pan. But, after adding the oats and water, cook them covered for 10-15 minutes on medium-low heat or till they have cooked completely and reached the desired consistency.

### Variations:

1. Oats Upma - To make this more like Upma, add curry leaves and mustard seeds along with cumin seeds at the start.
2. Adding nuts - Cashews are a great addition to these savory masala oats. You can add cashews along with the cumin seeds, so they are sautéed in oil before being cooked. If you have roasted cashews or other nuts, you can add them at the end as garnish.

**Thank you**

