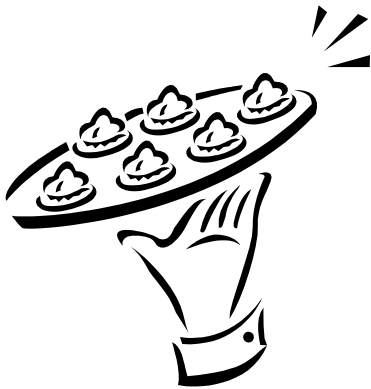


Healthy Indian Snacks

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Indian snacks are rich and delicious, and for thousands of years have been used for celebrations and special occasions. Over the years, however, these snacks have become more and more part of the diet every day. Because Indian snacks are often quite salty, sweet, and/or deep-fried, indulging in these foods too often can lead to health problems like heart disease and diabetes. But with a little planning and imagination, you can keep Indian snacks in your diet and stay healthy at the same time.



Healthy Tips

- ▶ It is OK to have deep-fried foods once in a while. The key is to eat just a little and enjoy it! Allow yourself a bite or two of deep-fried foods once or twice per week.
- ▶ When you do fry foods, use vegetable oil, such as canola oil or safflower oil, rather than ghee or butter or shortening.
- ▶ Many foods that are traditionally fried, such as samosas, may be baked in the oven. For a rich flavor, brush a bit of oil on each side before baking.
- ▶ Build your snacks and meals around healthy ingredients such as vegetables, whole grains, beans/legumes, fruits, and low-fat dairy products. Go easy on the meats, added fats, processed grains, and sugars.

Healthy Recipes

Lentil Curry Spread with Chapati Chips

½ cup red lentils
1 cup water
1 small onion, chopped
1 teaspoon vegetable oil

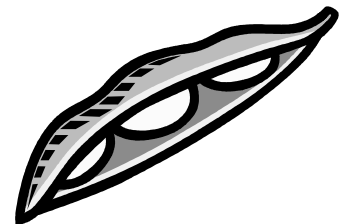
1 teaspoon curry powder (or more to taste)
¼ teaspoon salt
4 whole wheat chapatis (leftovers work well)
Vegetable oil cooking spray

1. Pick through and rinse lentils. Bring water to a boil and simmer the lentils until all the water is absorbed, about 20 minutes.
2. Meanwhile, fry the onion in the oil and curry powder until the onion starts to become soft. If the onion starts to stick and get dry, add a little water and keep stirring.
3. Mash the lentils and onions together well (either by hand or with a food processor) and add the salt. Blend well. For an extra “kick,” you can add chili powder or seeded chopped fresh chilis.
4. Slice the chapatis into 6-8 pieces each and spray with a little oil. Toast in the oven (400 degrees) or in a toaster oven until they start to brown.
5. Serve the lentil mixture warm or cold, with the chapati chips and crunchy raw vegetables.

Variation: Spread the lentil mixture on a whole chapati and add chopped carrots, tomatoes, and cucumbers. Roll, slice, and hold the mini-rolls together with toothpicks.

Roasted Crunchy Chick Pea Jubilee

1 cup raw chick peas
Vegetable oil cooking spray
2 tablespoons garam masala mixed with
1 teaspoon of cinnamon (or your favorite spice blend)



1. Pick through and rinse chick peas; place in large pot. Cover with plenty of water and soak for at least 8 hours.
2. Drain chick peas and preheat oven to 350 degrees.
3. Place chick peas on a single layer in a roasting pan and roast for 20-30 minutes (depending on size of chick peas – bigger ones need more time), being careful not to burn them.
4. Remove chick peas from heat and immediately spray with a little oil and toss with powdered spices. Toss for a few minutes and when cool, place in a bowl and serve. Store leftovers in the refrigerator.

Healthy Indian Snack Recipes Continued...

Creamy Rice Pudding

This dessert recipe is made with vanilla soy milk, which gives it a creamy, sweet flavor. Soy milk is a nutritious alternative to cow milk, because soy milk has heart-healthy soy protein, low levels of or zero saturated fat, and no cholesterol. It is also lactose free (many people cannot digest lactose found in cow's milk). You can find soy milk in most grocery stores in the dairy section.

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| 2 cups vanilla soy milk (Silk brand is very good) | ¼ teaspoon each ground ginger, nutmeg, mace, and allspice |
| 2 cups cooked brown rice* or cooked white rice | 1 teaspoon ground cinnamon |
| ½ cup chopped dates or raisins | 2 tablespoons corn starch or potato starch dissolved in 2 tablespoons soy milk |
| ¼ cup fine date sugar or brown sugar | 1 tablespoon shredded coconut |
| | 1 tablespoon crushed peanuts or cashews |

1. Place the soy milk and cooked rice in a pot. Stir over medium heat and add dates or raisins, sugar, and spices.
2. Cook, stirring occasionally, for about 10 minutes. Bring to a boil and add the starch mixture.
3. Stir for another 2 minutes, until thickened. Place in bowl, allow to cool and set in the refrigerator, and place in serving bowls.
4. Sprinkle with coconut and nuts.

* To prepare brown rice: use a 2-to-1 ratio of water to brown rice. Boil water, add rice, and cook over low heat or in a rice cooker for about 40 minutes or until all water is absorbed. Brown rice has more fiber and natural vitamins and minerals than white rice.

Potato Snack with Easy Tomato Chutney

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| 6 medium potatoes, peeled | 2 green chilies |
| 3 teaspoons chat masala | 1 teaspoon fresh minced ginger |
| 20 fresh mint leaves | 1 teaspoon lemon juice |
| 2 tablespoons finely chopped fresh cilantro | 1 teaspoon salt |

1. Boil the potatoes. Drain, cool, and dice.
2. Grind the remaining ingredients together with a little water to make a paste.
3. Add to the potatoes and mix. Taste and adjust seasoning if needed.

For the Tomato Chutney:

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| 1 teaspoon vegetable oil | 1 teaspoon mustard seeds |
| 1 small red onion, finely chopped | 1 pound ripe tomatoes, peeled, cored, seeded, and chopped |
| 1 teaspoon minced fresh ginger or ½ teaspoon powdered ginger | 1 teaspoon chili powder (or more to taste) |
| 2 cloves garlic, peeled and crushed | 1 teaspoon coriander powder |
| | 1 teaspoon garam masala |

1. Heat oil in a pan and fry the onion, ginger, garlic, and mustard for 2 minutes or until seeds start to pop.
2. Add the tomatoes and cook until tomatoes soften.
3. Add remaining spices and mix well.
4. Cool and serve with the potatoes.

Curried Snack Mix

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| 6 cups air-popped popcorn (use a popcorn popper or place kernels in a paper bag in the microwave) | vegetable oil cooking spray |
| ½ cup sliced or slivered almonds | 2 teaspoons curry powder |
| | 1 teaspoon salt |

1. Mix together the curry and salt.
2. Toss together popcorn and almonds.
3. Spread popcorn and nuts out on a large baking pan and spray quickly with the oil spray.
4. Sprinkle the curry-salt mixture on the sprayed popcorn and almonds and toss well.

