

SMART Cuisine™

What happen in the dish, stays in the dish!

Indian

भूख अच्छी है

Buon Appetito



We invite you to join the SMART™ Cuisine Group on Facebook.

[SMART Cuisine Group.](#)

Thank you.

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What happen in the dish, stays in the dish!

Testimonials

CY: *I made the Chicken & Vegetables, it was an easy recipe to make, and husband-approved! I used inexpensive fresh and frozen vegetable options from the 99 cent store to demonstrate what a low-income person might use. Overall, it is an easy recipe that is versatile and encourages the use of a variety of vegetables. 😊* • I like that you indicate to lift the lid away from yourself, since this is a safety concern. 😊



Ingredients from 99¢ Only Store



Chicken & Vegetables

Nutrition in the time of Covid-19

HARVARD, T.H. Chan School of Public Health: “We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections... Indeed, consuming good quality diets is always desirable, and this is particularly important during the COVID-19 pandemic. A healthy diet... fruits, vegetables, whole grains, legumes, and nuts, moderate consumption of fish, dairy foods, and poultry... Added fats should be primarily liquid oils such as olive, canola, or soybean oil.”

The SMART Cuisine™

Our SMART Cuisine™, based on the recommendations above, demonstrates the preparation of a healthy and tasty meal in less than 15 minutes, at very affordable cost per serving, and requires minimal cooking skills.

For all our dishes, we use a 12" x 16" electric skillet, other sizes should work well.

A key step to develop a good flavor and mouth feel for vegetables is caramelization, this draws the natural sugars out and creates a slight crunch. Typically, caramelization requires long cooking time, timely stirring and turning, not for the faint of heart. Through experimentation, I figured out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet, *covers it* (no stirring), caramelization occurs at the bottom while steaming the vegetable tops – Wallah, great taste and mouth feel.

During 12 minutes of the total 15 minutes of cooking time, the electric skillet is kept covered by its lid, while you do nothing; *no stirring or turning* of the food. This way, very little steam is released from the skillet – what happens in the dish, stays in the dish. This keeps the flavors intact resulting in a richer tasting dish. In the conventional stove top cooking, all ingredients don't get cooked to the same degree, as the different parts of a cooking pan develop different degrees of heat, and uneven stirring of ingredients cooks them unevenly. Additionally, the SMART technique reduces the cooking time from the traditional 30 minutes to less than 15 minutes. The net saving of gas/electric energy is considerable – reduces carbon footprint by half. Finally, the color of the finished dish stays vibrant and visually attractive.

Vegan

The last two recipes, Tofu & Vegetables, and Vegetables are vegan. Enjoy.

Indian

Beans

1. Black Beans in a can or jar (preferred). No added sodium or low sodium. Drained and rinsed.
2. Black Eyed Peas in a can or jar (preferred). No added sodium or low sodium. Drained and rinsed.
3. Garbanzo Beans in a can or jar (preferred). No added sodium or low sodium. Drained and rinsed.
4. Kidney Beans in a can or jar (preferred). No added sodium or low sodium. Drained and rinsed.
5. Beans of your choice, cooked. No added sodium or low sodium. Drained and rinsed.

If cooking at home, 1 cup dried beans equal about 2.5 cups cooked beans.

Braising Liquid

1. Beer
2. Broth, low sodium
3. Orange juice
4. Water

Bread

Chapati: Also known as roti and phulka is an unleavened flatbread made using whole wheat flour with a special 'chapati' grind. May be served with a light coating of oil, ghee, or butter; also served 'dry', no coating.

Naan: A leavened flatbread, typically baked in a Tandoor (conical clay oven heated with burned wood and/or charcoal). Many restaurant tandoors are heated using gas because of safety concerns. Naans may be served with a light coating of oil, ghee, or butter; also served 'dry', no coating.

Both chapati and naan require quite a bit of cooking practice and are a challenge for home cooks. Available in Indian food stores and many supermarkets; follow the heating and serving instructions on the respective packages. Also available as go to order from Indian restaurants.



Chapati



Naan, Tandoor

Note: *If you plan to serve chapati or naan, then don't add beans or pasta or rice to the dish as this would result in too much starch.*

Cooking Oil

1. Avocado Oil. Prefer unrefined which is cold-pressed, keeping its natural color and flavor. Refined avocado oil is extracted using heat and at times chemical solvents, may be bleached and deodorized.
2. Canola Oil. Prefer cold-pressed (expeller), unprocessed.
3. Extra Virgin Olive Oil (EVOO) preferred. We recommend California EVOO.
4. Ghee (clarified butter). If using for the first time, buy a small jar.
5. Oil of your choice.

Note: For 'low fat' cooking, coat the cooking surface lightly with cooking oil spray.

Curry Simmer Sauces (look for glass jars), Low Sugar, Low Sodium

You will find a variety of simmer sauces in Indian grocery stores and many Supermarkets; make sure it's the sauce not a paste.

- 365 Organic Tikka Masala Sauce (Whole Foods)
- 365 Organic Vindaloo Sauce (Whole Foods), typically much more spicy
- PATAK'S Jalfrezi Curry Simmer Sauce
- PATAK'S Tikka Masala Curry Simmer Sauce
- MAYA KAIMAL Tikka Masala Indian Simmer Sauce
- BROOKLYN DELHI Tikka Masala Simmer Sauce
- Indian curry sauce of your choice.

Note: Being Indian, most of these sauces are spicy and can be pepper hot. For those new to Indian sauces, start with $\frac{1}{2}$ cup to $\frac{3}{4}$ cup sauce diluted with 2 tablespoons of water (instead of 1 cup of sauce as specified in the recipes below).

Herbs

1. Cilantro
2. Mint

3. Other herbs of your choice



Herb Pot: Fresh herbs can be quite expensive. Also, when one buys a bunch, the left over typically wilts in the refrigerator, and is discarded a few days later. We suggest that you grow your own herbs; once planted most will revive for the next growing season. Harvest your herbs by snipping the top leaves as needed, wash and pat dry the leaves before use. The preferred method is to tear the leaves to release the essential oils; if using a knife, roll the

leaves and then slice through. Fresh herbs should be added to the dish towards the end and not cooked for more than few seconds as prolonged cooking destroys the flavor. Dry herbs are typically added while the dish is being cooked. One teaspoon dry herb equals one tablespoon of fresh herb. We find the following herbs easy to grow at home:

Cilantro: All parts of the plant, leaves and stems, are edible. Most people perceive the taste of coriander leaves as faint lemon/lime with a tart after taste; some people find cilantro not to their liking. It's a good idea to check with your guests. Seeds are typically known as coriander seeds. Plant seeds, about ¼ deep about 6 apart in well-drained, moist soil. To harvest cilantro all season, make successive sowings every 2 to 3 weeks starting in late spring. From the time of sowing, cilantro can be harvested in about 3 to 4 weeks.

Mint: The most common variety for cooking is the Spearmint. Mint is best planted in a container by itself as it spreads fast and will overtake and suffocate other plants.

Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem at this point. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open, this helps with the drying process.

Set the timer for 10 minutes, check the herbs; if not dry, continue and check in 5 minute increments (20 minutes should be sufficient). When leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem, the dried leaves will fall off into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

Immune System Support

According to Melissa Majumdar, Academy of Nutrition and Dietetics, "There are no specific supplements that will help protect against coronavirus (or any other virus)

and anyone claiming that is being investigated by the FTC and the FDA.” However, there are ways to keep your immune system functioning optimally – fill your plate with immune-boosting vitamins, minerals, and antioxidants.

Ginger

Grated fresh ginger root, for its aroma, pungent taste, and nutrition is a main stay in Indian kitchens. Those who are not accustomed to its taste, may find it too strong and not palatable. We have not included ginger in any of the recipes. However here are two suggestions:

- When you add the vegetables to the skillet, scatter up to 2 teaspoons of grated fresh ginger and see how you like the finished taste.
- Don't overdo with ginger, it can be unsettling to your stomach.

Meat, Paneer, Seafood, Tofu

Whenever possible, shop for grass-fed meats, free range poultry, and wild caught seafood. To make slicing of meat easy; freeze the meat for about 20 minutes.

1. Beef: Sirloin, tri-tip, ribeye, top loin (strip), or tenderloin, sliced into uniform bite size pieces.
2. Chicken: Skinless and boneless chicken breast, defatted, sliced into uniform bite size pieces.
3. Goat (Capretto): Boneless goat meat (preferably leg) pieces flattened with a tenderizing mallet to break up the muscle fibers resulting in tender meat. Slice into uniform *thin* bite size pieces.
4. Lamb: Boneless lamb, sliced into uniform *thin* bite size pieces.
5. Paneer: A fresh cheese, from cow or buffalo milk, common in India. It is an unaged soft cheese made by curdling low-fat or full-fat milk with yogurt and/or lemon juice. Slice into uniform bite size pieces. Available in Indian food markets and many supermarkets.
6. Seafood: Seafood of your choice, sliced into uniform bite size pieces.
7. Tofu, Non GMO: Firm tofu, drained well, cut into uniform bite size cubes.

Nuts

When cooking for special occasions, cooks often garnish the finished dish with a small quantity of nuts to enhance the appearance, taste, and protein.

1. Slivered almonds (unsalted).
2. Raw or dry roasted (unsalted) pistachio, chopped.
3. Raw or dry roasted cashews (unsalted), chopped.

Papar or Papadum



Papar or Papadum – spiced lentil wafers available from Indian food stores, some can be very spicy. These can be deep fried or roasted; we don't recommend frying – too greasy.

Stove top Roasting: Turn the electric or gas burner to medium. Using a tong, roast each paper holding it about 1 inch above the burner, turn and rotate frequently. Papar can burn and char easily. It's important to turn and rotate the papar every few seconds to roast evenly. Your first few papars may char and burn in spots, discard them; it gets better as you practice.

Pasta

Indian cuisine does not use pasta in savory dishes; however we have found that pasta fits well into our recipes. When using pasta, you may want to increase the amount of the simmer sauce by $\frac{1}{4}$ to $\frac{1}{2}$ cup to coat the added pasta.

1. Almond Flour Pasta (difficult to find)
2. Black Bean Pasta
3. Chick Pea Pasta
4. Edamame Pasta
5. Lentil Pasta
6. Mung Bean Pasta
7. Quinoa Pasta
8. Soba (Buckwheat) Pasta
9. Whole Wheat Pasta
10. Pasta of your choice

It is best to cook pasta el dente (“to the tooth”), typically 2 minutes less than the package directions. Start cooking the pasta before turning on the electric skillet, this way pasta can be cooking while the main dish is being prepared. Better yet, cook the pasta ahead of time, drain, let cool, and refrigerate. In our recipes we recommend 1 oz per serving.

Protein Sources

1. Meat, paneer, seafood, tofu
2. Beans, pasta, rice
3. Vegetables
4. Nuts

Rice

1. Basmati Rice
2. Brown Rice

3. Wild Rice
4. Rice of your choice

Start cooking the rice before turning on the electric skillet, this way rice can be cooking while the main dish is being prepared. Better yet, cook the rice ahead of time, let cool, and refrigerate. In our recipes we recommend 1 oz per serving.

Salt

We use only ¼ teaspoon of salt in each recipe because most of the store bought sauces, even the low-sodium varieties, have close to 400 mg of sodium per serving. Then, if you use any cheese for garnish, that adds more sodium.

Spices

1. Black Pepper
2. Cinnamon Powder
3. Cumin Seeds
4. Curry Powder
5. Ginger
6. Granulated Garlic or Garlic Powder or Fresh Garlic Minced
7. Granulated Onion or Onion Powder or Thinly Sliced Onion
8. Paprika
9. Turmeric

In Asian countries people routinely use turmeric powder in their dishes because of its immune system bolstering capabilities. Consider including turmeric powder in all of your cooking. Beware of turmeric tablets, capsules, gummies, and drinks; consult a reputable and well-qualified nutrition professional.

Spinach

Each dish specifies 2 oz of fresh spinach; if unavailable, substitute with any type of thinly sliced cabbage, or 1 oz of fresh Methi (fenugreek) leaves, or omit.

Vegetables

Fresh vegetables of your choice, sliced into uniform bite size pieces; feel free to mix a variety of vegetables. If fresh vegetables are not available, use thawed frozen vegetables or rinsed and well drained canned vegetables. In our recipes we recommend 8 oz or more vegetables per serving, feel free to adjust downwards based on availability. This won't have any effect on the stated cooking times. We strongly recommend:

Asparagus: Folate, selenium, vitamin K, thiamin, and riboflavin.

Beets: Fiber, protein, folates, manganese. Prefer baby beets

Bell Pepper: Vitamin C, K1, E, A, folate, and potassium.

Broccoli & Broccolini: Vitamins B, B12, and folate.

Brussels Sprouts: Dietary fiber, folate, and Vitamin E.

Cabbage: Vitamins C and K.

Carrots: Beta carotene, fiber, vitamin K1, and potassium.

Cauliflower: Fiber, vitamin C, and folate.

Celery: Vitamin A, C, K, potassium, folate, and choline.

Corn: Protein, fiber, thiamine, and vitamin C.

Eggplant: Vitamin K, C, B, manganese, potassium, niacin, copper, and magnesium. We recommend skinning the eggplant.

Fennel Bulb: Vitamin C, potassium, phosphorus, calcium, and folate.

Garlic: Calcium, vitamin B, and thiamin.

Ghia (Bottle Gourd): Fiber, vitamin C, riboflavin, zinc, thiamine, iron, magnesium, and manganese.

Green Beans: Fiber, vitamin A, C, protein, and folate.

Green Peas: Fiber, protein, vitamin A, and K.

Kale: Vitamin K, fiber, potassium, folic acid, and vitamin C.

Kerala (Bitter Melon)*: Vitamin A and C.

Kohlrabi: Vitamin B, phosphorous, potassium, and calcium.

Leek: Vitamins A, B, C and K, iron, and manganese.

Long Green Beans: Fiber, vitamin C, protein.

Lotus Root: Fiber, vitamin B, C, riboflavin, potassium.

Methi (Fresh Fenugreek Leaves):** Fiber, thiamin, riboflavin, vitamin B, and folate.

Mushrooms: Vitamin B, copper, potassium, phosphorus, and iron.

Mustard Greens: Vitamins A, C, and K.

Okra: Fiber, Vitamin C and K.

Onion: Fiber, vitamin B, C, folate, manganese, calcium, and potassium.

Potato: Boiled or baked. Fiber, vitamin B, C, and potassium.

Pumpkin (Kadu): Vitamins A, C, and potassium.

Scallop Squash: Fiber, vitamin A, and C.

Spinach: Vitamin A and K.

Sugar Peas, Snow Peas: Fiber, protein, vitamin A, C, and K.

Swiss Chard: Fiber, vitamins A, C and K, manganese, and magnesium

Tinda* (Indian Squash):** Fiber, Vitamin C, and potassium.

Tomato: Vitamin A, C, and K.

Zucchini: Vitamin C, B6, A, manganese, riboflavin, and potassium.

Vegetable of your choice.

* Use smaller size, trim ends, discard seeds, slice thin. Can be strong bitter taste.

** Prized by Indians as very healthy, has a pleasant slightly bitter taste. Need to hand pick the leaves and discard the stems (too tough and more bitter).

*** Small, round, green squash; available in Indian grocery stores.

Yogurt

Plain yogurt is served with most Indian meals. It calms the palate from the spicy foods and adds additional nutrition.

It's considered the ultimate health food, right? Used to be. Not anymore! Commercial food companies have destroyed one of the 'super foods' by contaminating it with sugars, HFCS, artificial sweeteners, damaging colors and pigments, fillers, stabilizers, and Castoreum – beaver anal gland secretion. Yes, that is the case. Then there is the ultimate convenience – highly-processed, denatured, fat-free, "squeeze-pack" yogurts with loads of sugar or sugar-substitutes and thickeners. Shame on parents who stoop so low to stuff the 'crap' in children's lunch boxes.

The National Yogurt Association has created a Live & Active Cultures seal for products that contain significant amounts of the highly beneficial *L. bulgaricus* and *S. thermophilus* cultures. You might see additional cultures listed, but the research shows yogurt with additional cultures isn't necessarily much better; though often pricier.

When buying, look for "Live and Active Cultures" on the label or *L. bulgaricus* and *S. thermophilus* in the ingredient list. Some companies heat-treat yogurt *after culturing* to make it more shelf-stable and reduce tartness. If a product has been heat-treated after culturing, the company is required to say so on the label. Don't buy this stuff, it's really not 'real yogurt.'

Finished Dish

Each recipe results in a fully cooked meal, for the sake of reducing the number of serving dishes, serve directly from the skillet (turn the skillet temperature to low).

I had the pleasure of demonstrating the SMART Cuisine™ cooking technique to Randy Peters, a master chef.



Gopal Kapur with [Randy Peters](#)

Indian Recipes

1. Beef & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle beef the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	2 tablespoons braising liquid
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	6 oz beef sliced into uniform bite size pieces
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
1 teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced
¼ teaspoon black pepper, ground	cabbage or 1 oz fresh Methi leaves
1 cinnamon stick (optional)	Chopped herbs for garnish (optional)
2 teaspoons oil or cooking oil spray	
16 oz or more vegetables	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add meat to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the meat. Combine the vegetables with the meat, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

2. Chicken & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle chicken the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	16 oz or more vegetables
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	2 tablespoons braising liquid
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	6 oz chicken sliced into uniform bite size pieces
1 teaspoon paprika	2 oz cooked beans, pasta, or rice
½ teaspoon turmeric powder	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
¼ teaspoon salt	2 oz (about 2 cups) fresh spinach or
¼ teaspoon black pepper, ground	2 oz (about 2 cups) thin sliced
1 cinnamon stick (optional)	cabbage or 1 oz fresh Methi leaves
2 teaspoons oil or cooking oil spray	Chopped herbs for garnish (optional)

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add meat to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the meat. Combine the vegetables with the meat, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

3. Goat & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle goat meat the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	16 oz or more vegetables
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	2 tablespoons braising liquid
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	6 oz goat sliced into uniform bite size pieces
1 teaspoon paprika	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
½ teaspoon turmeric powder	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon cinnamon powder	2 oz (about 2 cups) fresh spinach or
½ teaspoon cumin seed, crushed	2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh Methi leaves
¼ teaspoon salt	Chopped herbs for garnish (optional)
1 cinnamon stick (optional)	
¼ teaspoon black pepper, ground	
2 teaspoons oil or cooking oil spray	

1. In a small bowl, combine first nine ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add meat to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the meat. Combine the vegetables with the meat, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

4. Lamb & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle lamb the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	2 teaspoons oil or cooking oil spray
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	16 oz or more vegetables
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 tablespoons braising liquid
1 teaspoon paprika	6 oz lamb sliced into uniform bite size pieces
½ teaspoon turmeric powder	2 oz cooked beans, pasta, or rice
½ teaspoon cinnamon powder	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon cumin seed, crushed	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced
¼ teaspoon black pepper, ground	cabbage or 1 oz fresh Methi leaves
1 cinnamon stick (optional)	Chopped herbs for garnish (optional)

1. In a small bowl, combine first nine ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add meat to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the meat. Combine the vegetables with the meat, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

5. Paneer & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables.

Have Ready

1 teaspoon curry powder	2 tablespoons braising liquid
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	6 oz paneer sliced into uniform bite size pieces
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
1 teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh Methi leaves
¼ teaspoon black pepper, ground	Chopped herbs for garnish (optional)
1 cinnamon stick (optional)	
2 teaspoons oil or cooking oil spray	
16 oz or more vegetables	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add paneer to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the paneer (it may stick a bit to the pan). Combine the vegetables with paneer, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

6. Pork & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle pork the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	2 tablespoons braising liquid
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	6 oz pork sliced into uniform bite size pieces
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
1 teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh Methi leaves
¼ teaspoon black pepper, ground	Chopped herbs for garnish (optional)
1 cinnamon stick (optional)	
2 teaspoons oil or cooking oil spray	
16 oz or more vegetables	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add meat to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the meat. Combine the vegetables with the meat, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

7. Seafood & Vegetables, Serves 2 to 3

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle seafood the last (place it in a bowl), and wash hands thoroughly.

Have Ready

1 teaspoon curry powder	2 tablespoons braising liquid
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	8 oz seafood sliced into uniform bite size pieces
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
1 teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced
¼ teaspoon black pepper, ground	cabbage or 1 oz fresh Methi leaves
1 cinnamon stick (optional)	Chopped herbs for garnish (optional)
2 teaspoons oil or cooking oil spray	
16 oz or more vegetables	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add seafood to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the seafood. Combine the vegetables with the seafood, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

8. Tofu & Vegetables, Serves 2 to 3, Vegan

Wash hands thoroughly. When preparing the ingredients, wash all vegetables.

Have Ready

1 teaspoon curry powder	2 tablespoons braising liquid
1 teaspoon granulated garlic or garlic powder. Or 1 tb fresh minced garlic	12 oz tofu sliced into uniform bite size pieces
1 teaspoon granulated onion or onion powder. Or 1 tb thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
1 teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
½ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or
¼ teaspoon salt	2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh Methi leaves
¼ teaspoon black pepper, ground	Chopped herbs for garnish (optional)
1 cinnamon stick (optional)	
2 teaspoons oil or cooking oil spray	
16 oz or more vegetables	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, push them away towards the end of the skillet, drizzle the braising liquid over vegetables.
5. Add Tofu to the skillet, spread pieces evenly in a single layer. Sprinkle remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
6. Lift the lid, away from yourself, set it aside. Using a spatula or large spoon, stir and turn the Tofu. Combine the vegetables with the tofu, stir and turn.
7. If using, add cooked beans or pasta or rice to the skillet.
8. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
10. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

9. Vegetables, Serves 2 to 3, Vegan

Wash hands thoroughly. When preparing the ingredients, wash all vegetables.

Have Ready

½ teaspoon curry powder	16 oz vegetables sliced into uniform bite size pieces
½ teaspoon granulated garlic or garlic powder. Or 1 teaspoon fresh minced garlic	2 tablespoons braising liquid
½ teaspoon granulated onion or onion powder. Or 1 teaspoon thinly sliced onion	2 oz (½ cup) dry pasta, cooked or ½ cup cooked beans or ½ cup cooked rice
½ teaspoon paprika	½ cup to ¾ cup curry simmer sauce, or sauce of your choice
¼ teaspoon turmeric powder	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh Methi leaves
1/8 teaspoon salt	Chopped herbs for garnish (optional)
1/8 teaspoon black pepper, ground	
1 cinnamon stick (optional)	
2 teaspoons oil or cooking oil spray	

1. In a small bowl, combine first seven ingredients, stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle oil or cooking oil spray, add vegetables, cinnamon stick, sprinkle all of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
4. Lift the lid, away from yourself, set it aside. Using a spatula or a large spoon stir and turn the vegetables, drizzle the braising liquid over vegetables. Cover the skillet and let **cook for 5 minutes, do not lift the lid. Do not stir.**
5. Lift the lid, away from yourself, set it aside. If using, add cooked beans or pasta or rice.
6. Add sauce to the skillet, stir and turn to coat ingredients with the sauce.
7. Add spinach or cabbage leaves to the skillet.
8. Cover the skillet and let **cook for 2 minutes, do not lift the lid. Do not stir.**
9. Lift the lid, away from yourself, set it aside. Stir and turn the mixture, garnish with chopped herb of your choice.

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gkapur@familygreensurvival.org