



Indian Recipes

All recipes require an electric skillet.

Dedicated to the memory of my loving Mata Ji (Mom)



Vegetable Vendor, My Home Town of Patiala, Punjab, India.

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Disclaimer

The information provided in this document is meant for educational use only and is not a substitute for professional medical diagnosis, advice, or treatment. Products do not provide medical advice, diagnosis, treatment, cure, or prevent any disease. Always seek the advice of a qualified physician or other qualified health professionals with any questions related to any medical condition and before embarking on any nutrition, supplement, diet, or other health-related programs.



Fire Eater, Delhi, India

Kapur Cuisine™

Indian Dishes



Nutrition & 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."

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

"There's an important relationship among your nutritional status, immune health, risk of infection, and ability to recover from illness... These foods won't prevent you from contracting the novel coronavirus or cure the disease, but they have been shown to support immune health." healthline, Feb 25, 2022. [healthline](#)

- | | | |
|---------------------|-------------------|----------------|
| • Canned Light Tuna | • Flax Seed | • Salmon |
| • Carrots | • Herring | • Sardine |
| • Cashews | • King Mackerel | • Spinach |
| • Cauliflower | • Oyster, Canned | • Sweet Potato |
| • Chia Seeds | • Pumpkin Seeds | • Tomatoes |
| • Collard Greens | • Red Bell Pepper | • Walnuts |

Gut Microbiome and Immunity*

"Our gut is packed with some 60 to 70 percent of the body's immune cells (microbiome), meaning it functions as the immune system's "control tower" while still serving as a digestive organ." Keiko Iguchi, 2/22/19, Newsweek.

As food travels through our gut, the microbiome converts it into chemicals that power our immune system. "Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King's College London and author of *Love Your Gut*. Research has linked an imbalance of gut bacteria to more than 70 chronic diseases." Here's what you'll get from feeding your bacteria well.

1. You'll lose weight
2. You'll get stronger
3. You'll think more sharply
4. You'll sleep better
5. You'll ease belly woes
6. You'll catch fewer colds
7. You'll just plain feel better

* The information is extracted from "What to Eat to Improve Your Gut Health." Clint Carter, AARP, December 14, 2020. See [AARP](#).

Mediterranean Diet

The Mediterranean diet may prevent memory loss and dementia. The diet is simple plant-based cooking, with each meal focused on fruits and vegetables, whole grains, beans, and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. And say *farewell* to refined sugar and flour. Red meat can make a rare appearance, but usually only to flavor a dish. Instead, meals include eggs, dairy, and poultry in much smaller portions than in the Standard American Diet. In addition, fatty fish – wild salmon, sardines, albacore tuna, lake trout, and mackerel loaded with brain-healthy omega-3 fatty acids – is eaten at least twice a week. Adopting the fare of the sunny region will also help reduce the risk for diabetes, depression, high cholesterol, heart disease, stroke, and some cancers. Sandee LaMotte, CNN, May 5, 2021

DASH Diet

According to the CDC, "Nearly half of adults in the United States have hypertension (high blood pressure), resulting in close to half a million deaths annually." A serious situation indeed. *U.S. News and World Report* consistently ranks the DASH Diet, developed in the 1990s by the National Institutes for Health (NIH), as the "best overall" diet for managing hypertension. It emphasizes foods lower in sodium and rich in potassium, magnesium, and calcium — nutrients that help lower blood pressure.

It incorporates plenty of vegetables, low glycemic index fruits, whole grains, and beans, minimally processed nuts and seeds, fatty fish, small quantities of lean meats, low-fat dairy products, and avoiding sweets and sugary beverages. Additionally, it may also help you lose weight and lower cholesterol. Listed below are the core ingredients of the DASH diet:

- Almonds – calcium, fiber, magnesium, and manganese.
- Amaranth – fiber, magnesium. And manganese.
- Beans – fiber, magnesium, and potassium.
- Beets and beet greens – fiber, folate, manganese. We prefer baby beets.
- Berries – antioxidants, including anthocyanins
- Broccoli – flavonoid antioxidants.
- Canned salmon – calcium.
- Carrots – chlorogenic, *p*-coumaric, and caffeic acids.
- Celery – phytochemical called phthalides.
- Chia and flax seeds – potassium, magnesium, and dietary fiber.
- Citrus fruits – vitamins and minerals.
- Edamame – calcium.
- Fatty fish – omega-3.

- Greek yogurt – potassium and calcium.
- Herbs and spices – blood-pressure-lowering potential.
- Pistachio – potassium.
- Poppy seeds – calcium.
- Potassium – aim for 4,700 mg a day.
- Pumpkin seeds – magnesium, potassium, and arginine.
- Reduce fats – by 1 tablespoon daily.
- Reduce salt – lower daily sodium to 1,500 mg a day.
- Spinach – nitrates, antioxidants, potassium, calcium, and magnesium.
- Swiss chard – potassium and magnesium.
- Tomatoes – potassium and the carotenoid pigment lycopene.
- White beans – calcium.

“Our study represents some of the strongest evidence that (DASH) diet directly impacts cardiac damage, and our findings show that dietary interventions can improve cardiovascular risk factors in a relatively short time period,”

Stephen Juraschek, Beth Israel Deaconess Medical Center and Harvard Medical School.

MIND Diet: What to Eat to Reduce Your Risk of Alzheimer's Disease

The following information is extracted from an article by Melinda Wenner Moyer that appeared in Eating Well and from the following sites:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/> <https://pubmed.ncbi.nlm.nih.gov/28722952/>,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>, <https://selfhacked.com/blog/mind-diet/>

MIND stands for the **M**editerranean-DASH Intervention for **N**eurodegenerative **D**elay. It combines aspects of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets to help improve brain function and prevent dementia. The MIND diet combines foods from the Mediterranean and DASH diets shown to benefit brain health. There are no set guidelines for calorie intake in the MIND diet. Eat more of the ten foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit.

Foods MIND Diet Encourages:

1. **Green, Leafy Vegetables:** Six or more servings per week; serving size 1 cup raw, ½ cup cooked.
2. **All Other Vegetables:** Try to eat another non-starchy vegetable in addition to the green leafy vegetables at least once a day; serving size: 1 cup raw, ½ cup cooked.
3. **Berries:** Eat berries – strawberries, blueberries, raspberries, and blackberries – at least twice a week; serving size: ½ cup.
4. **Nuts:** Five servings of nuts (unfried and unsalted) or more each week; serving size: ⅓ cup.
5. **Olive Oil:** Use olive oil as your primary cooking oil.

6. **Whole Grains:** At least three servings daily; serving size: ½ cup.
7. **Fish:** Eat fatty fish – salmon, sardines, trout, tuna, and mackerel – at least once a week; serving size: 3 oz cooked.
8. **Beans:** At least four times weekly; serving size ½ cup cooked.
9. **Poultry:** Chicken or turkey at least twice a week; serving size 3 oz cooked.

Foods to Avoid

1. **Butter and Margarine:** Less than one tablespoon daily.
2. **Cheese:** Less than once per week.
3. **Red Meat:** No more than three servings each week.
4. **Fried Food:** No more than once per week; preferably none.
5. **Pastries and Sweets:** No more than four times a week.

T2 Diabetes Management

Here are a few alarming statistics about the U.S.

- Estimated 34.2 million people have diabetes.
- Estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed.
- Estimated 88 million adults ages 18 years or older have prediabetes.
- Among adolescents ages 12 to 18 years, more than 1 in 6 have prediabetes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes.

A diet rich in healthy vegetables, fruits, proteins, and antioxidants can help manage blood sugar with significant health benefits. A dietitian can make specific recommendations for individuals based on their profiles. However, certain foods maintain healthy blood sugar levels: Beans, berries, fatty fish, green leafy vegetables, nuts & seeds, and whole grains. Given below is a comprehensive list of these items:

Beans

- | | | |
|------------------|----------------|---------------|
| • Adzuki Beans | • Kidney Beans | • Pinto Beans |
| • Black Beans | • Lentils | • Red Beans |
| • Garbanzo Beans | • Lima Beans | • Soy Beans |
| | • Navy Beans | |

Berries

- | | |
|----------------|----------------|
| • Blackberries | • Raspberries |
| • Blueberries | • Strawberries |

Fatty Fish

- | | | |
|-----------------|-----------|------------|
| • Albacore Tuna | • Herring | • Mackerel |
|-----------------|-----------|------------|

- Salmon

Green Leafy Vegetables

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage

Nuts & Seeds

- Almonds
- Chia Seed

Whole Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Bulgur
- Freekeh

- Sardines

- Collard Greens
- Dandelion Greens
- Endives
- Kale
- Mustard Greens

- Flax Seed
- Pistachio

- Millet
- Quinoa
- Rye
- Spelt
- Teff
- Whole Farro

- Trout

- Rapini
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

- Walnuts

- Whole Grain Sorghum
- Whole Wheat Couscous

Anti-Inflammation

Inflammation refers to the body's reaction to harmful elements that damage it – infections, injuries, and toxins. When something damages our cells, the body releases chemicals that trigger a response from the immune system to heal itself. Ironically, inflammation can be both positive and negative.

- Positive: It helps the body defend itself from infection and injury.
- Negative: Persistent (chronic) inflammation can lead to Alzheimer's, arthritis, cancer, depression, diabetes, and heart disease.

One of the best ways to reduce inflammation is to commit to unprocessed foods with minimal added sugar – vegetables, fruits, whole grains, beans, lentils, fish, poultry, nuts, seeds, low-fat dairy, olive oil, spices, and herbs. “Western diet — which is typically high in saturated and trans fats, added sugars, and sodium — reportedly increases chronic inflammation... adherence to a Mediterranean-style diet — rich in fruits, vegetables, peas or beans, healthy fats, and fish — may lead to a lower risk.” MedicalNewsToday, January 16, 2022.

We are glad to state that Kapur Cuisine™ incorporates the core values of Mediterranean, DASH, MIND, T2 Diabetes management, and anti-inflammatory diets to prepare wholesome and tasty meals.

Kapur Cuisine™

Simple and refined carbohydrates, with a fast rate of digestion, result in the rapid rise of blood sugar levels, leading to a quick surge in energy followed by a sudden energy crash – the classic blood sugar seesaw. Conversely, complex carbohydrates take longer to digest, resulting in slow, steady, and sustained energy. When complex carbohydrates are combined with healthy proteins and high-quality fats, you have the ideal nutritionally balanced meals. Kapur Cuisine™ incorporates preparing wholesome and tasty meals that require minimal cooking skills.

- **Balanced:** It provides a good mix of healthy proteins, complex carbohydrates, vitamins, and trace minerals.
- **Sustainable:** It is not regimented or overly restrictive and can be followed easily.
- **Convenient:** It does not require advanced cooking skills; ingredients are readily available and cost-effective.

Electric Skillet

We use an electric skillet with a *glass lid*; a 12" x 12" skillet works well for two to four people; a 12" x 16" skillet for four or more; round skillets are also available. The cooking process is *not suitable* for stovetop cooking.

An essential step to developing good flavor and mouthfeel for vegetables is caramelization; this draws the natural sugars out and creates a sweet, nutty flavor. Typically, caramelization requires a long cooking time stirring and turning, which is not for the faint of heart. However, through experimentation, I found out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet and *covers it* (no stirring), caramelization occurs at the bottom, and steaming occurs on the top. Voilà. Great taste and mouthfeel.

During the total 15 minutes of cooking, the electric skillet is kept covered by its lid for 12 minutes while you **do nothing; no stirring or turning** of the food. As a result, you spend only 3 to 5 minutes of hands-on cooking. This way, very little steam is released from the skillet – what happens in the skillet stays in the skillet. This keeps the flavors intact, resulting in a richer-tasting dish. In conventional stovetop cooking, all ingredients don't get cooked to the same degree. The different parts of a pan develop various degrees of heat, and uneven stirring of ingredients cooks them unevenly.

Cooking Time

Each dish requires only 15 minutes of *cooking time* using an electric skillet. Additional time is needed to organize the spices, clean, slice, and measure the vegetables, meat, or seafood. The time spent shopping for the ingredients and the "kitchen prep" depends on your kitchen help and planning skills.

Indian Ingredients

Beans

We recommend 1 cup of cooked beans; this serves 2. We prefer home-cooked beans; if store-bought, no added sodium or low sodium, drained and rinsed.

- | | | |
|---------------------|--------------------|--------------------------|
| 1. Black Beans. | 3. Garbanzo Beans. | 5. Beans of your choice. |
| 2. Black Eyed Peas. | 4. Kidney Beans. | |

Braising Liquid

1. Beer (for all adult cooking)
2. Black leaf tea (discard leaves)
3. Broth, low sodium
4. Buttermilk
5. Citrus juice – cuties, lemon, lime, orange, mandarin
6. Green tea (discard leaves)
7. Half & Half (calms the spiciness)
8. Pomegranate juice

Bread – Chapati and Naan

Also known as roti and phulka, it is an unleavened flatbread made using whole wheat flour with a special 'chapati' grind. It May be served with a light coating of oil, ghee, or butter; also served 'dry,'

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; they are also served 'dry.'

Both chapati and naan require a lot of cooking practice and challenge home cooks. Available in Indian food stores and many supermarkets, follow the heating instructions on the respective packages. Also available from Indian restaurants.



Chapati



Naan

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

Lettuce Boat Alternative



To make your Indian meal lighter, replace chapatti and naan with lettuce leaves – Romain and Butter Lettuce leaves work well. To serve, spoon a few tablespoons of the cooked dish into the center of a lettuce leaf, taco style.

Condiments

Given the variety of regional cuisines, there are scores of condiments – achars and chutneys. Here we will list the more commonly used condiments from northern India, the focus of our recipes.

- Coriander Chutney
- Mango Achar (Pickle)
- Mango Chutney
- Mint Chutney
- mixed Pickle
- Tamarind (Indian Imli) Chutney

These are available in Indian food markets and some supermarkets. The spiciness and heat (from chilis) can differ significantly; you may have to try a few varieties before settling on your favorites. We do not make specific brand recommendations here; if you would like to know about our family's favorites, please write to me at gkapur@familyqs.org.

Raita (Yogurt & Vegetable mixture)

Raita is often served with a meal to calm the palate and for its digestive properties. The following will typically serve four.



- 1 cup plain, low-fat yogurt
- ½ medium cucumber, peeled, grate only the flesh, discard seeds
- ½ medium carrot, peeled, grated
- ¼ cup water
- 1 tablespoon fresh cilantro or mint leaves, minced

In a bowl, combine all ingredients except cilantro or mint leaves; stir well. Cover and refrigerate. Garnish with cilantro or mint leaves before serving.

Cooking Oil

During the past few years, there has been quite a buzz about the benefits of ghee and organic coconut oil. If you use these routinely, we advise you to consult with

a qualified physician or other qualified health professionals for nutritional pros and cons; don't rely on *anecdotal evidence* from friends on the internet.

Our cooking oil preference is Extra Virgin Olive Oil (EVOO); we recommend California EVOO, avocado oil, or canola (preferably expeller). You may prefer ghee (Indian clarified butter) for traditional Indian cooking.

Note: For 'low fat' cooking, reduce the oil to 1 teaspoon in the recipes below.

Cup or Weight Measurement

Measuring ingredients by cup size can be quite a trick. For example:

- 1 cup broccoli = 2.5 oz
- 1 cup carrots = 2 oz
- 1 cup cauliflower = 2.25 oz to 2.75 oz
- 1 cup celery = 4 oz
- 1 cup spinach = well, it depends on whether packed or not!
- 1 cup Swiss chard = 3 oz

Also, with some ingredients, the size of the cut can make a difference. For example, a cup of minced carrot may weigh more than carrots cut into larger pieces, similar to cauliflower.

Weighing is a more accurate and convenient way to measure portion size. Good quality digital scales are available for less than \$15 and last a long time.

Dish Frequency

For non-vegetarians, we suggest two meat, two seafood, and three vegetarian dishes during the week. Occasionally, replace the meat dish with a seafood or vegetarian dish.

Ginger Root

Grated fresh ginger root's aroma, spicy taste, and nutrition are the mainstay in Indian kitchens. However, those not accustomed to its taste may find it too potent and not palatable. Therefore, we have *not included* ginger in any of the recipes. However, here are two suggestions:

- When you add the vegetables to the skillet, scatter 1 teaspoon of grated fresh ginger and see how you like the finished taste.
- Please don't overdo it with ginger; it can be unsettling to your stomach.

Herbs

1. Cilantro
2. Mint
3. Other herbs of your choice



Herb Pot: Fresh herbs can be expensive. We suggest you grow your herbs; once planted, most will revive for the next growing season. Harvest herbs by snipping the top leaves as needed, and 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 slice through. Fresh herbs should be added to the dish towards the end and cooked for a few seconds as prolonged cooking reduces the flavor. Dry herbs are typically added

while the dish is being cooked. One teaspoon of dry herb equals one tablespoon of fresh herb. The following herbs are easy to grow at home:

Cilantro: All plant parts, leaves, and stems are edible. Most people perceive the taste of coriander leaves as faint lemon/lime with a tart aftertaste; 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 and 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 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. 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, and check the herbs; if not dry, continue and check in 5-minute increments (20 minutes should be sufficient). When the 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 into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

Immune System Support Supplement

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." KCRA3, May 27, 2020. However, there are ways to keep your immune system functioning

optimally – fill your plate with immune-boosting vitamins, minerals, and antioxidants.

Meat, Paneer, Seafood, Tofu

Shop for grass-fed meats, free-range poultry, Non-GMO tofu, and wild-caught seafood. Look for organic – no antibiotics, hormones, GMOs, or preservatives. To make meat slicing 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. Goat meat is a healthy alternative to beef and chicken because it contains fewer calories, fat, and cholesterol.*
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. Paneer is a good source of protein for vegetarians.
6. Pork: Tenderloin, sliced into uniform bite-size pieces.
7. Seafood: Seafood of your choice, sliced into uniform bite-size pieces. We recommend seafood high in Omega-3: Alaska Pollock, Albacore Tuna, Anchovies, Atlantic Herring, Atlantic Mackerel, Black Cod, Herring, Mackerel, Mussels, Salmon, Sardines, Trout, and Wild Salmon
8. Tofu: Firm, drained well, cut into uniform bite-size cubes. Though not a part of Indian ingredients, tofu is a good source of protein for vegetarians and vegans.

* Goat and lamb have a slightly natural gamey taste, primarily from fat. Therefore, remove as much fat as possible before cooking. Also, fennel seeds and nutmeg added to the mix tempers the taste of these meats.

WOF

When meat or seafood is cooked, cooled, refrigerated or frozen, and then thawed, it can develop WOF – Warmed Over Flavor, at times quite unappetizing; this is primarily due to oxidation. A simple solution is to splash the leftovers with a generous squeeze of fresh lime before refrigeration.

Meat & Environmental Effect

Researchers have learned that beef has the most adverse effect on greenhouse gas and water footprint. Replacing beef with poultry or pork would reduce greenhouse gas emissions by nearly 50% and lower the water scarcity footprint by about 30%.

Nuts

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

1. Slivered almonds (unsalted).
2. Raw or dry roasted (unsalted) pistachios, chopped or crushed.
3. Raw or dry roasted cashews (unsalted), chopped or crushed.
4. Raw or dry roasted walnuts (unsalted), chopped or crushed.

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.

Stovetop Roasting: Turn the electric or gas burner to medium. Using a tong, roast each papar holding it about 1 inch above the burner; turn and rotate frequently. Papar can burn and char quickly. 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.

Rice & Grain

Washing the rice or grain thoroughly before cooking is recommended.

- Amaranth, Basmati rice, brown rice, wild rice, barley, buckwheat, bulgur, freekeh, millet, quinoa, rye, spelt, teff, whole-wheat couscous, whole farro, whole-grain sorghum, and wild rice.

Start cooking the grain of your choice before turning on the electric skillet, or cook it ahead of time, let it cool, and refrigerate. Some of the grains take a longer cooking time. In our recipes, we recommend 1 oz uncooked grain per serving.

Salt

- Himalayan Salt

- Kosher Salt

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

Simmer Sauce

You will find various simmer sauces in Indian grocery stores and supermarkets; make sure it's the simmer sauce, *not a paste*. Always look for low-sodium and low added sugar sauces; glass containers are preferred. Feel free to use any similar sauce of your choice. Specifically mentioned brand names below should not be considered an endorsement of the brand.

- 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 Butter Chicken Simmer Sauce
- PATAK'S Korma Curry Simmer Sauce (we prefer this)
- PATAK'S Mango Curry Simmer Sauce
- Patak's Rogan Josh 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 simmer sauce of your choice.

Note: Most of these sauces are spicy and can be pepper hot. One way to calm the palate is to serve ¼ to ½ cup of plain yogurt with the meal; an occasional ½ to 1 teaspoon of yogurt will do the trick.

Spices

- | | |
|--------------------|---|
| 1. Allspice | 8. Garlic Powder or Fresh Garlic Minced |
| 2. Black Pepper | 9. Onion Powder or Thinly Sliced Onion |
| 3. Cinnamon Powder | 10. Nutmeg |
| 4. Cumin Seeds | 11. Paprika |
| 5. Curry Powder | 12. Saffron * |
| 6. Fennel Seeds | 13. Turmeric Powder |
| 7. Ginger | |

Turmeric is integral to Indian cooking because of its immune system-bolstering capabilities. When using turmeric, add a small quantity of black pepper. The active compound piperine in black pepper enhances the absorption of the active compound curcumin in turmeric by up to 2,000%. Curcumin from turmeric and long-chain fatty acids fish (salmon, tuna, mackerel, herring, and sardines) have been shown to reduce markers of inflammation throughout the body. When

using turmeric, beware of turmeric tablets, capsules, gummies, and drinks; consult reputable and well-qualified nutrition professionals.

***Saffron:** A fragrant and colorful spice derived from the flower of *Crocus sativus* (saffron crocus). The vivid crimson stigma, called threads, is hand-harvested, then dried. Saffron is the costliest spice, prone to adulteration. Buy from a trusted source, don't buy in powder form. Because of its cost, saffron is used for important occasions – weddings, important birthdays, religious feasts, and serving special guests. When using, pick a small pinch of saffron with *absolutely dry* fingers, gently crush the delicate stems and add about two tablespoons of warm water in a small bowl; let steep for about 5 minutes. Drizzle the saffron threads and water over the ingredients in the last cooking step of the recipe.

Spinach, Cabbage, or Methi (Fenugreek)

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

Vegetables

“Our results have shown that by simply eating one cup of raw (or half a cup of cooked) nitrate-rich vegetables each day – such as kale, arugula, chard and spinach, beetroot, parsley, Chinese cabbage, celery, radishes, and turnips – people may be able to significantly reduce their risk of cardiovascular disease.” Researcher Catherine Bondonno.

We recommend 8 oz or more vegetables per serving; here is a link describing vegetable seasonality: [Seasonality](#)

Fresh in-season vegetables of your choice, sliced into uniform bite-size pieces; feel free to mix various vegetables. If fresh vegetables are not available, use thawed frozen vegetables. Some of the vegetables listed below are not of Indian origin; however, they fit well into the high-nutrition ingredient profile. We strongly recommend that you try vegetables *new* to you:

Artichoke Hearts in Water: Folate, fiber, vitamins C, K, antioxidants. 🌱

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

Beets: Fiber, folates, manganese. We prefer baby beets.

Beet Greens: Vitamin K, copper, manganese, iron, and calcium.

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

Bok Choy: Antioxidants, vitamin A, Vitamin C.

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.

Chard: Fiber, vitamins A, C, E, K, copper, magnesium, manganese, iron, potassium.

Chick Peas (Cooked): Fiber, Folate, and manganese.

Collard Greens: Fiber, vitamin A, C, potassium.

Edamame: Fiber, vitamin k, choline, folate, magnesium, manganese. ⚠

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

Endive: Potassium, calcium, magnesium, folate, vitamin A, K.

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. Available in Indian grocery stores.

Green Beans: Fiber, vitamins 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, Goya)*: Vitamin B-6, C, and magnesium.

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

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

Long Green Beans: Fiber, vitamin C, protein.

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

Mango: Vitamin A, C, B, and 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.

Pumpkin (Kaddu): Pumpkin: Fiber, vitamin A, and antioxidants. ✓

Red Grapes: Antioxidants, vitamins C and K.

Scallop Squash: Fiber, vitamin A, and C.

Spinach: Vitamin A and K. ⚠

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

Sweet Potato: Fiber, vitamins A, B6, C, manganese, and potassium.

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.

Turnip: Vitamin C, fiber.

Watercress: Potassium, vitamin A, C.

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

Vegetables of your choice.

✓ **High** carbohydrate vegetable.

✗ **High** in protein.

* **Karela:** Use smaller size, trim ends, split lengthwise, discard seeds, and slice thin. It can be a strong bitter taste.

** **Methi:** Prized by Indians as very healthy, it has a pleasant, slightly bitter taste. You need to handpick the leaves and discard the stems (too tough and *quite bitter*). Available in Indian food stores.

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

Vegetable Greens

They're packed with nutrients and earthy flavor, adding vibrant color to the finished dish.

- Beet Greens
- Celery Leaves
- Turnip Greens
- Carrot Greens
- Radish Greens

Avoid greens with any yellow spots. Discard the tough stems. Wash, drain, and chop the tender leaves, and dry them well using a salad spinner. Now you can add these to any of the recipes below.

Yogurt

Plain yogurt is served with most Indian meals; it calms the palate from spicy foods and adds additional nutrition. It's considered the ultimate health food. Not anymore! Commercial food companies have destroyed one of the 'superfoods' 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 other cultures listed, but the research shows that the additional cultures aren't 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 must say so on the label. Don't buy this stuff; it's not 'real yogurt.'

Nutrition Note

"80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings, Elizabeth Millard, January 17, 2021. A research review published in the journal Open Heart called the situation "a public health crisis." According to the Mayo

Clinic, "Chronically low levels could increase your chances of having high blood pressure, heart disease, type 2 diabetes, and osteoporosis." "...it also plays a critical role in bone health, heart function, digestion, sleep, cellular health, and even mood and energy levels." Elizabeth Millard, Eat This, Not That!
The mineral is *magnesium*.

Good sources: Nuts, seeds, beans, dried fruits (without added sugars), and dark leafy greens.

Cooking Prep

It is essential to have all ingredients for a recipe easily accessible, measured, and ready before plugging in the electric skillet. Avoid searching, washing, and slicing the ingredients after you have plugged the skillet and then may have to scramble. It can get stressful. Not good!

Finished Dish

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

Edible Flowers, Beautiful Garnish



Borage



Lavender



Purslane



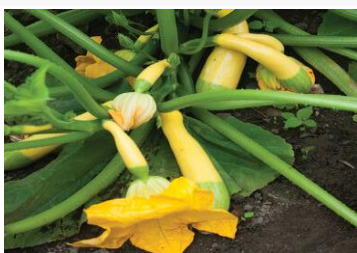
Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

Cheerful and vibrant, edible flowers provide a burst of flavor and color to the finished dish. Make sure the flowers are organically grown and free of dirt and

insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Because of their large size, summer squash flowers** need to be chopped. If you're picking from a plant, harvest the male flowers so that the plant still produces squash. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Morning Harvest, Mom's Garden, Patiala, India

Indian Recipes

[Video](#)

These are zero added sugar recipes.

Feel free to garnish the finished dish with a small quantity of unsalted almonds, cashews, pistachios, or walnuts, and edible flowers.

1. Indian Vegetables & Beef, Serves 2

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz beef sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon onion powder	Chopped herbs for garnish (optional)
1 teaspoon paprika	
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add beef to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the beef. Combine the vegetables with the beef, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

2. Indian Vegetables & Chicken, Serves 2

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz chicken sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon onion powder	Chopped herbs for garnish (optional)
1 teaspoon paprika	
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add chicken to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the chicken. Combine the vegetables with the chicken, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

3. Indian Vegetables & Goat, Serves 2

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

Have Ready

We'll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	¼ teaspoon nutmeg, preferably freshly ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz goat sliced into uniform <i>thin</i> bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon onion powder	Chopped herbs for garnish (optional)
1 teaspoon paprika	
½ teaspoon turmeric powder	
¼ teaspoon salt	
¼ teaspoon black pepper, ground	
½ teaspoon fennel seeds, crushed	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, black pepper, fennel seeds, and nutmeg.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add goat to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the goat. Combine the vegetables with the goat, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

4. Indian Vegetables & Lamb, Serves 2

“Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.” Journal of Alzheimer’s Disease. [JAD](#)

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

Have Ready

We'll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	½ teaspoon fennel seeds, crushed
1 cinnamon stick	¼ teaspoon nutmeg, preferably freshly ground
16 oz or more vegetables sliced into uniform bite-size pieces	2 tablespoons braising liquid
1 teaspoon curry powder	6 oz lamb sliced into uniform <i>thin</i> bite-size pieces
1 teaspoon garlic powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon ginger powder	½ cup to ¾ cup simmer sauce
1 teaspoon onion powder	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon paprika	Chopped herbs for garnish (optional)
½ teaspoon turmeric powder	
¼ teaspoon salt	
¼ teaspoon black pepper, ground	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, black pepper, fennel seeds, and nutmeg.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add lamb to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the lamb. Combine the vegetables with the lamb, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

5. Indian Vegetables & Paneer, Serves 2

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz paneer sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon onion powder	2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon paprika	Chopped herbs for garnish (optional)
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add paneer to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the paneer. Combine the vegetables with the paneer, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

6. Indian Vegetables & Pork, Serves 2

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz pork sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon onion powder	2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon paprika	Chopped herbs for garnish (optional)
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add pork to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the pork. Combine the vegetables with the pork, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

7. Indian Vegetables & Seafood, Serves 2

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	8 oz seafood sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon onion powder	2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon paprika	Chopped herbs for garnish (optional)
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add seafood to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. 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. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

8. Indian Vegetables & Tofu, Serves 2, Vegan

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

Have Ready

1 tablespoon cooking oil	¼ teaspoon black pepper, ground
1 cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	8 oz tofu sliced into uniform bite-size pieces
1 teaspoon curry powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon garlic powder	½ cup to ¾ cup simmer sauce
1 teaspoon ginger powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon onion powder	2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves
1 teaspoon paprika	Chopped herbs for garnish (optional)
½ teaspoon turmeric powder	
¼ teaspoon salt	

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, 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.**
5. 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 skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add tofu to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. 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. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

9. Indian Vegetables, Serves 2, Vegan

Wash your hands thoroughly.

Have Ready

- | | |
|---|---|
| 1 tablespoon cooking oil | ¼ teaspoon salt |
| 1 cinnamon stick | ¼ teaspoon black pepper, ground |
| 16 oz or more vegetables sliced into uniform bite-size pieces | 2 tablespoons braising liquid |
| 1 teaspoon curry powder | ½ cup cooked beans or grain or rice (optional) |
| 1 teaspoon garlic powder | ½ cup simmer sauce |
| 1 teaspoon ginger powder | 2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage or 1 oz fresh methi leaves |
| 1 teaspoon onion powder | Chopped herbs for garnish (optional) |
| 1 teaspoon paprika | |
| ½ teaspoon turmeric powder | |

1. In a small bowl, combine curry powder, garlic powder, ginger powder, onion powder, paprika, turmeric powder, salt, and black pepper.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle the spice mix over the 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. Using a spatula or a large spoon, stir and turn the vegetables and drizzle the braising liquid over the vegetables.
6. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the vegetables. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi 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. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.



Roadside Food Vendor, My Hometown, Patiala, Punjab, India

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Thank You



*Gopal Kapur, Farmers Market, Sacramento
the rotarian magazine, May 2009, pp11*

We would appreciate learning about your experience with Kapur Cuisine™. Your comments and suggestions are most welcome. Please write to:

gkapur@familygs.org

Thank You