

Fantastic **40**

**40 HEART HEALTHY
RECIPES DOCTORS
CHOOSE TO
STAY HEALTHY**

Do you know?

Up to **80% of premature**
heart disease can be
prevented through your
life habits, such as
eating a healthy diet.



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Nutritional Requirements of Indians

As per the National Institute of Nutrition guidelines, the daily caloric requirements for Indian adults are as follows.¹



Sedentary man
2110 kcal per day



Man with moderate activity level
2710 kcal per day



Man with heavy activity level
3470 kcal per day



Sedentary woman
1660 kcal per day



Woman with moderate activity level
2130 kcal per day



Woman with heavy activity level
2720 kcal per day

According to the Center for Disease Control and Prevention, you can lower the risk of heart disease by living a healthy lifestyle. A healthy lifestyle includes choosing heart-healthy foods, maintaining a healthy weight, and regular physical activity.²

Nutrition experts estimate that average daily consumption at each meal should be broken down as:



Breakfast
300 to 400
calories

Lunch
500 to 700
calories

Dinner
500 to 700
calories

Snacks
not to exceed
200 calories

References: 1. https://www.nin.res.in/RDA_short_Report_2020.html.

2. <https://globalnews.ca/news/3615212/this-is-what-your-breakfast-lunch-and-dinner-calories-actually-look-like/>

Breakfast

- First meal of the day
- Replenishes energy and nutrient stores in the body
- Can actually help to control weight
- Boosts brainpower
- May reduce the risk of illnesses



Some popular breakfast recipes from Northern India are mentioned here

Oats and Chia Roti



Nutritional content (1 pc)

Calories: 65kcal
Fat: 0.7g
Carbohydrates: 13.1g
Proteins: 2.4g



Recipe

- Grate 1 small bottle gourd (ghia) and add 1 tsp green chillies, 1 cup roasted oats, 1 small finely diced onion, coriander leaves, salt and ½ cup whole wheat flour.
- Mix well and make a dough and keep aside for 15 mins.
- Take a small ball of the dough and flatten it to form a small roti. Place on a hot pan and cook on a low flame and flip over to cook the other side until golden brown.
- Slightly drizzle with ghee (optional) and serve with raita or chutney.



Heart healthy benefits

- Bottle gourd is rich in 'choline', which improves the functioning of the brain and thus prevents stress and depression.
- Rich in sodium, potassium and other essential minerals that helps regulate blood pressure.

Besan and Spinach Cheela



Nutritional value (2 pcs)

Calories: 290.44 kcal
Fat: 11.25g
Carbohydrates: 34.81g
Proteins: 12.48g

Recipe

- Take $\frac{1}{2}$ cup besan, add $\frac{1}{4}$ cup rice flour and mix it with 1 tsp each of salt, red chili powder, turmeric, ajwain, jeera, black pepper powder and green chili.
- Add $\frac{1}{2}$ cup chopped onions and 2 cups chopped spinach into the besan mixture.
- Mix well and add $\frac{1}{2}$ cup water or till it achieves thick yet pourable consistency.
- Let it rest for 10-15 minutes.
- Heat a tawa, spread the batter into a thick circular dosa, spread some oil, and cover and cook on medium flame.
- Flip and roast on the other side.
- Serve with chutney or pickle.

Heart healthy benefits

- Contains vitamins and minerals like calcium, iron, potassium, and vitamin C.
- Contains both soluble and insoluble fiber, so reduces the risk of coronary heart disease or cardiovascular disease.

Spinach Omelette

Recipe

- Wash and blanch 1 cup spinach.
- Beat 2 eggs till they are fluffy and add the blanched and chopped spinach to it.
- Add 1 tsp red chili powder and salt to the egg mix and whisk once again till everything is combined.
- Heat 1 tsp butter in a pan and pour the beaten egg mixture into it. Spread evenly and cook over a low flame for 5-7 minutes. Flip and cook on the other side as well.
- Transfer it on to a plate and serve hot with ketchup.

Heart healthy benefits

- Rich in protein, fiber, antioxidants, and vitamins.
- High protein content keeps hunger in control throughout the day.
- Contains heart healthy nutrients like vitamin D, E, iron, magnesium and folate.



Nutritional value (1 pc)

Calories: 351kcal
Fat: 14.7g
Carbohydrates: 33.9g
Proteins: 20.7g



Here are some breakfast recipes from Southern India

Veg Oats Upma



Nutritional value (100g)

Calories: 214kcal
Fat: 8g
Carbohydrates: 31g
Proteins: 7g



Recipe

- In a pan, heat 1 tbsp oil and add 1 tsp mustard, ½ tsp urad dal, cumin seeds, curry leaves and 10 cashews and sauté until the cashews turn golden brown.
- Add 1tsp ginger, 2 chili, ½ onion and 1 cup diced vegetables (carrot, beans, capsicum, peas), ½ tsp turmeric and sauté till they turn soft.
- Add 2 tbsp water, cover and simmer for 5 minutes.
- Add ½ cup water, salt and 1 cup roasted oats, and mix well.
- Cover and simmer until oats gets cooked well. Garnish with coriander leaves and serve hot.



Heart healthy benefits

- Rich in antioxidants and soluble fiber, thus, helping in lowering the bad cholesterol.
- Rich in magnesium, phosphorus and vitamin B1, which are heart-friendly.

Onion Jowar Roti



Recipe

- Take 1 cup jowar atta and mix ½ cup finely chopped onion, 1 tsp chili, turmeric, coriander powder, 1 tsp oil, salt and cumin seeds in a mixing bowl.
- Mix well and add hot water in batches to make a crack-free dough.
- Make small-sized balls of dough and flatten to make small rotis.
- Place the roti on a hot oiled tawa and cook for couple of minutes over medium flame.
- Flip and cook until golden spots appear all over.



Heart healthy benefits

- Rich in iron and magnesium, which results in better calcium absorption.
- Contains high-quality protein and fiber, which keeps the stomach fuller for a longer time and prevents cravings for unhealthy food items.



Nutritional value (1 roti)

Calories: 49 kcal
Fat: 0.3g
Carbohydrates: 10.2g
Proteins: 1.5g

Brown Rice Dosa with Coconut Chutney



Nutritional value (1 pc)

Calories: 91.04kcal

Fat: 1.53g

Carbohydrates: 16.7g

Proteins: 2.65g



Recipe

- Wash 2 cups brown rice, 1 cup urad dal and 1 tsp methi seeds and soak them for 6-8hrs or overnight. After soaking, grind everything together to a smooth paste. Let it sit to ferment for 9-10 hrs at room temperature.
- To make dosa: pour a big ladle of batter onto a medium hot pan and spread it in a circular motion to form a uniform shaped dosa. Pour 1 tbsp oil over it, cook on low flame for 1-2 mins and then increase the flame, and cook for a couple of mins until brown/red patches appear. Serve dosa with coconut chutney.
- For coconut chutney: Blend ½ cup freshly grated coconut, 2 chopped green chillies, 2 cloves of garlic, 2 tbsp roasted chana dal and salt.



Heart healthy benefits

- Rich source of dietary fiber and magnesium, which protects from heart disease and stroke.
- Improves digestive health due to high fiber content.
- Controls cholesterol levels and relieves insomnia.



Here are some famous breakfast recipes from Eastern India

Buckwheat (Kuttu) Pancake



Recipe

- Take a small bowl and add 2 cups kuttu atta, rock salt, green chillies, and chopped coriander leaves as per taste.
- Add some water and make a lump-free batter and keep aside for 15 mins.
- Heat a pan and add a small amount of batter at the center of the pan. Spread it on the sides with a spoon.
- Cook on a low flame and flip over to cook the other side until golden brown.
- Serve with raita or chutney.



Heart healthy benefits

- Good source of protein, fiber, and healthy complex carbohydrates.
- Gluten-free substitute for regular flours.



Nutritional value (4 pcs)

Calories: 196kcal

Fat: 5.8g

Carbohydrates: 25.7g

Proteins: 9.1g

Dal Pitha



Nutritional value (4 pcs)

Calories: 150kcal
Fat: 0.5g
Carbohydrates: 28g
Proteins: 6g

Recipe

- For dough: Soak ½ cup rice overnight and grind to a fine paste. Dilute it with water to get a thin batter consistency and add salt and little oil to it. Cook in a heavy bottomed pan over low heat till it turns to a soft dough.
- For stuffing: Soak chana dal for 3-4 hours and grind it with green chilies, ginger, garlic, salt, carom seeds, cumin seeds and peppercorns to make a coarse paste. Cook the dal mix over low flame in a teaspoon of oil till it gets a powdered/crumbly texture. Cool and add chopped cilantro leaves.
- For making pitha: Take lemon size portions of the rice dough and shape them into balls. Pinch and fold the corners to make a cup and fill the dal stuffing. Seal gently by pinching the ends using greased fingers. Place the pithas in the greased steamer and steam them for 8-10 minutes. You can also drop them in boiling hot water and cook till they rise up to the surface.
- Serve hot along with chutney or sauce.

Heart healthy benefits

- Rich in vitamin B1, B9 and E, which boosts immunity, skin health, provides energy, helps in regenerating cells and lowers risk of cancer.
- It is steamed, hence retains most of its original nutrients, so serves as a guilt-free snack.

Fruit Porridge

Recipe

- Put 4 heaped tbsp oats, 1 cup milk and ½ cup water in pan and stir.
- Cook over a low flame for 5 minutes, stirring while cooking.
- Remove from flame and add a tbsp of honey or sugar to taste.
- Top with diced seasonal fruit wedges, dried fruit and pomegranate seeds to serve.

Heart healthy benefits

- Rich in carbohydrate, fiber, protein-soluble fats and antioxidants which, lowers the risk of heart disease by reducing both total and LDL cholesterol.
- Reduces cholesterol and blood sugar levels, promotes healthy gut bacteria and increases a satisfying feeling of fullness.
- Improves insulin sensitivity and helps lower blood sugar levels.



Nutritional value (150 g)

Calories: 52kcal
Fat: 7.9g
Carbohydrates: 47.8g
Proteins: 13.4g



Some famous breakfast recipes from Western India are as follows

Bajra Cheela



Nutritional value (2 pcs)

Calories: 206kcal
Fat: 4g
Carbohydrates: 37g
Proteins: 7g



Recipe

- In a bowl, add $\frac{1}{2}$ cup bajra flour, 1 cup of grated carrot and cucumber, green chillies, 1 small onion, turmeric powder, black pepper powder, cumin seeds and coriander leaves.
- Add some water and make a lump-free batter and keep aside for 15 mins.
- Heat a pan and add a small amount of batter at the center of the pan. Spread it on the sides with a spoon.
- Cook on a low flame and flip over to cook the other side until golden brown.
- Serve with raita or chutney.



Heart healthy benefits

- Rich in B vitamins, calcium, iron, potassium, magnesium and zinc.
- Helps to lower type 2 diabetes and reduces the risk of heart disease.

Thalipeeth



Recipe

- Mix $\frac{1}{4}$ cup flour of jowar, gram, whole-wheat, millet, rice with chopped onion, chillies, ginger, ajwain and sesame seeds.
- Add water in small batches and knead to form a loose dough.
- Take small portions of the dough and flatten over an oiled pan over low heat.
- Make some holes on the flattened dough and sprinkle some oil over it.
- Cover with a lid and let the thalipeeth cook for 2 to 3 minutes or till the base is golden and crisp. Flip and cook the other side as well.
- Serve hot with chutney or raita.



Heart healthy benefits

- Rich source of protein iron, fiber and folic acid.
- Boosts digestion as it is rich in complex carbohydrates.



Nutritional value (1 pc)

Calories: 88 kcal
Fat: 2.1g
Carbohydrates: 14.1g
Proteins: 3.2g

Vegetable Poha



Nutritional value (150g)

Calories: 130 kcal
Fat: 1.5g
Carbohydrates: 27g
Proteins: 2.6g

Recipe

- Wash 1 cup poha or flattened rice with water and set aside.
- Heat oil in a kadai, add mustard seeds, fennel seeds, 2 tbsp peanuts and fry well.
- Add 1 diced onion and cook till they turn soft. Then add 1 cup diced vegetables (carrot, capsicum, tomato and peas) and cook for 2-3 minutes on low-medium flame.
- Add curry leaves, green chili, salt, red chili powder, tumeric and mix well.
- Gently mix the poha until all the ingredients come together.
- Garnish with chopped coriander leaves and serve hot.

Heart healthy benefits

- Rich in healthy carbohydrates which provide energy to the body to carry out its daily functions.
- Rich in fiber, iron, vitamins and other nutrients, so is considered a wholesome meal.
- Contains essential nutrients including carbohydrates

Lunch

- Recharges the body and renews energy.
- Keeps the metabolism active.
- Prevents extended periods of starvation between large meals.
- Skipping lunch can increase the appetite later, which may lead to overeating or choosing foods with poor nutritional values.



 Here are some common lunch recipes from Northern India

Ragi Rotis



Recipe

- Mix 1 cup ragi flour, 1 cup rice flour, 1 tbsp roasted gram, 2 tsp salt and 1 tbsp oil in a bowl.
- Add 1 cup finely chopped onion, 2 finely cut green chilies and coriander leaves.
- Knead the dough using hot water in small batches.
- Divide the dough into small balls. Take a ball and spread it on a wet cloth.
- Invert the cloth over a hot 'tawa' and carefully remove the cloth.
- Add oil around and cook well turning both sides.

Heart healthy benefits

- Ragi reduces concentrations of serum triglycerides and inhibits lipid oxidation and LDL cholesterol oxidation, reducing the risk the risk of heart attack or strokes.

Nutritional value (per pc)

Calories: 107 kcal
Fat: 4.4g
Carbohydrates: 15g
Proteins: 2.1g

Veg Quinoa and Curd



Nutritional content (150g):

Calories: 150 kcal
Fat: 5.1g
Carbohydrates: 22.8g
Proteins: 5.3g

Recipe

- Heat oil in the pressure cooker and splutter 1 tsp cumin seeds.
- Add 1 tsp ginger-garlic paste, ½ cup diced onion, ¼ cup each of finely diced carrot, corn, bell pepper and beans.
- Season with salt and sauté for a minute.
- Add 1 tsp each of turmeric powder, chili powder and garam masala. Let it cook for a minute.
- Wash 1 cup quinoa and add it into the sauté of the veggie mixture.
- Cook for a minute, add 1 ½ cup water, cover the lid and pressure cook for 2 whistles.
- Cool and open the lid, fluff it up with a fork.
- Add lemon juice and chopped coriander leaves and serve hot with curd.

Heart healthy benefits

- Good source of iron, supports healthy connective tissue and muscle metabolism.
- A source of folate, magnesium and Quercetin that helps boost the body's defenses against infection and inflammation.

Moong Dal Cheela and Mint Chutney

Recipe

- Wash and soak 2 cups of moong dal for 3 hours.
- In a grinder, add the soaked dal with 1 tbsp chopped ginger, 3 green chillies, 1 tsp cumin seeds, 1 tsp hing and 1 tsp salt, and grind smooth like a dosa batter.
- Add chopped coriander leaves and mix well.
- Heat a dosa tawa. Pour a ladle of the batter and spread like a dosa.
- Drizzle some oil, turn when the top changes color and cook the other side. Remove from tawa when both sides are done. Moong dal cheela is done.
- For mint chutney, blend 1 cup coriander leaves, ¼ cup mint leaves, 1 tsp chopped ginger, 3-4 green chillies, ½ tomato, ½ tsp each of cumin powder, coriander powder, black salt, dry mango powder and salt to taste.



Heart healthy benefits

- Helps to lower blood pressure and protects against muscle cramping.
- Contains folate, fiber, and vitamin B6. Rich in B-complex vitamins.
- Helps bring down the body's insulin, blood glucose, and fat levels.

Nutritional content (2 pcs)

Calories: 121 kcal
Fat: 0.92g
Carbohydrates: 20.93g
Proteins: 8.24g



Let us look at some of the most popular lunch recipes of Southern India

Ragi Idlis and Sambar



Nutritional value (2 pcs)

Calories: 70 kcal
 Fat: 1.4g
 Carbohydrates: 12.6g
 Proteins: 1.8g



Recipe

- Add 1 cup ragi flour, $\frac{1}{4}$ cup rava, $\frac{1}{4}$ cup curd and water to make a thick batter.
- Rest for 10-12 minutes.
- Sauté $\frac{1}{4}$ cup carrots, $\frac{1}{2}$ tsp hing, few curry leaves and mustard seeds in oil and add to batter.
- Add $\frac{1}{2}$ sachet of fruit salt and mix well.
- Pour the batter into idly molds and steam for 15 minutes
- For sambar, boil $\frac{1}{2}$ cup toor dal with 2 cups diced vegetables (onion, tomatoes, beans, drumstick). Add a tempering of hing, curry leaves and sambar masala.
- Serve ragi idly with hot sambar.



Heart healthy benefits

- The antioxidants found in ragi fight stress in your body that helps reverse the signs of aging.
- Very low calories without any fat and cholesterol makes them ideal for heart health.

Lemon Rice Pulao



Recipe

- Heat 2 tbsp oil in a pan and add 1 tsp each of split Bengal gram, split black gram, peanuts, fenugreek seeds, mustard seeds, red chilies and $\frac{1}{4}$ cup coconut shreds and sauté till fragrant.
- Add 4-5 sprigs of curry leaves and mix.
- Add 1 cup of parboiled vegetables like cauliflower, carrot and beans; mix.
- Add 3 cups of cooked rice, salt, 3 tbsp lemon juice and mix well.
- Slice lemon into thin slices and add to the pan. Mix and cover for 5 mins.
- Garnish with coriander leaves and serve hot.



Heart healthy benefits

- Rich source of Vitamin C and boosts heart health by reducing the risk of stroke and other cardiovascular diseases.
- High potassium and low sodium makes it effective in regulating blood pressure.

Nutritional value (100g):

Calories: 225 kcal
 Fat: 5.6g
 Carbohydrates: 37.3g
 Proteins: 5.1g



Jowar Dosa and Ginger Garlic Chutney



Nutritional content (1 dosa):

Calories: 80 kcal
Fat: 0.8g
Carbohydrates: 16g
Proteins: 3g



Recipe

- In a mixing bowl, add 1 cup jowar flour, ½ cup rice flour, 1 tsp salt and 2 ½ cup water. Whisk well such that no lumps remain.
- Add 1 cup finely chopped onions, 2 green chilies, coriander leaves, curry leaves and 1 tsp grated ginger, 1 tsp cumin seeds and black peppercorns.
- Mix well and allow to rest for at least 30 minutes.
- Heat a non-stick pan and pour a ladleful of batter and pour over the hot pan to form a thin layer.
- Drizzle with oil lightly and cook on high flame until the jowar dosa is crisp & brown.
- For chutney, blend 10 cloves of garlic, 2-inch ginger, 6-7 dry red chilies with 1 tsp cumin seeds and salt. Squeeze juice of ½ lemon and serve with hot dosas.



Heart healthy benefits

- Maintains calcium levels in the body (magnesium increases calcium absorption) so improving bone health.
- Contains B vitamins, which help the body build new tissues and cells, and potassium and phosphorus that help in healthy heart functioning.



Here are some popular lunch recipes from Eastern India.

Cholar Dal with Brown Rice



Recipe

- Rinse 1 cup chana dal and pressure cook with 2 ½ cups water, ½ tsp turmeric and ¼ tsp salt till it is soft.
- Heat 2 tbsp oil in a pan and add cumin seeds, cloves, green cardamom and cinnamon stick. Sauté for few seconds until the spices are fragrant.
- Crush 4 garlic cloves, 1.5-inch ginger and 1 green chili, and add it to the pan.
- Add 1 cup chopped onion and cook for around 3 to 4 minutes until they are soft.
- Add 1 cup chopped tomatoes, stir and cook for 5 mins till they turn soft. Add ½ tsp each of garam masala, chili powder, kasuri methi and coriander powder.
- Now, add the boiled chana dal to the pan along with ¼ cup water and let it simmer for 5-7 minutes.
- Prepare a tadka by heating 2 tbsp ghee and add cumin seeds, dry red chilies and 2 chopped cloves of garlic. Transfer it to the hot dal.
- Garnish with coriander leaves and serve hot with brown or white rice.



Heart healthy benefits

- Rich in antioxidants that reduces inflammation and keeps heart healthy.
- Great source of plant-based protein and good source of nutrients for vegetarians.
- Fairly low glycemic index (GI) makes them a good choice for diabetics.
- Protein helps promote fullness and keeps appetite under control.



Nutritional content (50g)

Calories: 180 kcal
Fat: 1g
Carbohydrates: 32g
Proteins: 11g

Kala Chana Chungi with Roti



Recipe



Nutritional value (1 cup)

Calories: 210 kcal
Fat: 3.8g
Carbohydrates: 35g
Proteins: 10.7g



Heart healthy benefits

- Prevents the build-up of fat and cholesterol in liver.
- Good source of vitamins like B₆, C, folate, niacin, thiamin, riboflavin and minerals including manganese, phosphorus, iron and copper, which boost body's natural immune response.

Dalma with Ragi Roti



Recipe

- Wash and soak 1 cup each of moong and toor dal in water for 5-7 hrs.
- Pressure cook the soaked dals for 15 mins till they turn soft.
- Transfer the cooked dal to a pan and add 1 tsp turmeric powder and 1 tsp salt.
- Add ½ cup each of diced drumsticks, raw banana, pumpkin, potato and beans. Cover and cook until the vegetables are half cooked.
- Add in the brinjal, cover and cook for 5 mins. Add 1 cup chopped tomato and cook until all the vegetables are cooked.
- Remove from flame and set aside.



Heart healthy benefits

- High in potassium, which helps lower blood pressure by counteracting the effects of sodium.
- Rich in iron, zinc, folate, selenium and magnesium, which are heart healthy.
- Low-glycemic index food with balance of complex carbohydrates and protein to provide a slow, steady source of glucose.



Nutritional value (1 cup)

Calories: 152 kcal
Fat: 2.57g
Carbohydrates: 29.69g
Proteins: 4.75g



Some popular lunch recipes from Western India are mentioned here

Bajra Khichdi



Nutritional value (150g):

Calories: 252 kcal

Fat: 6.1g

Carbohydrates: 38.2g

Proteins: 11.3g



Recipe

- Soak $\frac{1}{2}$ cup bajra and $\frac{1}{4}$ cup whole moong dal separately in water for 4 hrs.
- After 4 hrs, coarsely grind bajra and set aside.
- Heat 2 tbsp ghee in a cooker and add $\frac{1}{2}$ tsp cumin seed, $\frac{1}{2}$ tsp asafoetida powder, chopped 1 ginger and 2 green chili and sauté them for 2 mins.
- Add the bajra and sauté it for 2 mins and add the soaked moong dal
- Add 3 cups of water, turmeric powder and salt, mix well and pressure cook for 5 whistles 5 whistles.
- After cooking, mix it well, drizzle some more ghee and garnish with a sprig of coriander.



Heart healthy benefits

- Rich source of soluble fiber that prevents deposition of LDL in the arteries.
- Fiber, potassium and magnesium help to regulate blood pressure.

Besan Ki Kadhi



Recipe

- Combine $1\frac{1}{2}$ cup yogurt, 4 tbsp gram flour, 1 tsp red chili powder, 1 tsp turmeric powder and salt in a bowl. Add 2 cups of water and whisk well.
- Heat ghee in a pan, add $\frac{1}{2}$ tsp each of cumin seeds, fenugreek seeds and asafoetida and sauté for 2 mins.
- Add curry leaves and the batter and stir continuously until it starts boiling.
- Add more water to adjust the consistency and cook for 15 to 20 minutes.
- Garnish with coriander leaves and serve with bajra rotis or rice.



Heart healthy benefits

- High in potassium, which dilates blood vessels, allowing blood to flow more easily and reduces overall blood pressure.
- Bajra also has fiber that helps reduce LDL, or bad cholesterol.



Nutritional value (150g)

Calories: 163 kcal

Fat: 11g

Carbohydrates: 12g

Proteins: 6g

Vegetable Stew



Recipe

- In a pan, heat $\frac{1}{2}$ tbsp coconut oil and sauté 2 cloves, 1 inch cinnamon and 2 cardamom. Then add $\frac{1}{2}$ onion and sauté till they turn soft.
- Add small dices of beans, $\frac{1}{2}$ carrot, $\frac{1}{2}$ potato, 3 tbsp peas, 10 florets of cauliflower, 2 green chili and 1 inch ginger, and sauté for a minute.
- Add 1 cup water, 1 tsp salt and few curry leaves, mix well, cover and boil till vegetables are half cooked.
- Add 2 cup thin coconut milk and boil for 7 minutes.
- Turn off the flame and add $\frac{1}{4}$ cup thick coconut milk.
- Mix well and serve vegetable stew with idiyappam or appam.



Heart healthy benefits

- It reduces the deposition of cholesterol and fat from the body, which reduces the chances of heart stroke.
- Rich source of magnesium, iron, lycopene, potassium and phosphorus, which promotes heart functioning.

Nutritional value (150g)

Calories: 184 kcal

Fat: 12.8g

Carbohydrates: 15g

Proteins: 1.8g



Soups

- A bowl of soup may be an easy, quick, and tasty way to add more nutrients to the diet.
- Vegetable- and broth-based soups may provide plenty of nutrients such as vitamins, minerals, and fiber while being low in calories and fat.
- Eating soup is an easy and tasty way to increase vegetable intake.
- Soups provide numerous health benefits due to high content of vitamins, minerals, fiber, and plant compounds.



Here are some popular soup recipes.

Tomato Soup



Nutritional value (175 ml)

Calories: 33 kcal
Fat: 0.4g
Carbohydrates: 7g
Proteins: 1.6g



Recipe

- In a pan, heat 1 tsp butter and sauté ½ onion, 2 cloves of garlic and 1 bay leaf.
- Add 4 ripe tomatoes and ½ tsp salt and sauté for 5 mins.
- Add 1 cup water and boil for 10 mins or till the tomatoes turn soft and mushy.
- Remove the bay leaf, cool and blend to smooth paste without adding any water.
- Sieve the soup and get it to a boil.
- Add 1 tsp sugar, ½ tsp pepper and ¼ tsp black salt (optional).
- Garnish with croutons and coriander sprig and serve hot.



Heart healthy benefits

- Low in calories and high in potassium and vitamins C, K, and A which makes it heart-friendly.
- High in lycopene, flavonoids, vitamins C and E, and other antioxidants.

Mixed Vegetable Soup



Nutritional value (175 ml)

Calories: 57 kcal
Fat: 3.5g
Carbohydrates: 5.1g
Proteins: 1.2g



Recipe

- Heat 3 tsp oil in a pan and sauté 3 cloves of garlic, 1-inch ginger and 2 tbsp of spring onion.
- Add diced carrot, beans, capsicum and stir fry for a minute. Then add cabbage, peas, sweet corn and sauté slightly.
- Add 4 cups of water and salt for taste. Boil till vegetables are cooked well.
- Mix 1 tsp corn flour with little water to make a paste and add it to the boiling soup.
- Boil until soup thickens. Add a dash of vinegar, mixed herbs, chili flakes and pepper powder.
- Garnish with spring onion and coriander sprig and serve hot.



Heart healthy benefits

- Rich source of magnesium, iron, calcium, potassium and phosphorus, which makes it good for heart.
- Less in calories and unsaturated fats so helps to reduce cardiovascular disease risk.

Lentil and Tomato Soup



Recipe

- Soak red lentils (Masoor dal) in water overnight and boil them for 15 mins.
- In a large saucepan, heat 1 tsp butter and sauté carrots, onion, garlic and boiled lentils.
- Cover and simmer for 15 mins until vegetables and lentils are tender.
- Add ½ tsp vinegar, mixed herbs, chili flakes, salt and pepper powder.
- Garnish with coriander sprig and serve hot.



Heart healthy benefits

- Rich in fibre, folate and potassium.
- Good source of iron and vitamin B1, which helps maintain a steady heartbeat.



Nutritional value (175 ml)

Calories: 81 kcal
Fat: 0g
Carbohydrates: 15.5g
Proteins: 4.7g

Lemon Coriander Soup



Nutritional value (175 ml)

Calories: 67 kcal

Fat: 2.8g

Carbohydrates: 9.4g

Proteins: 1.4g



Recipe

- Heat 3 tsp oil in a pan and sauté 2 cloves of garlic, 1-inch ginger, ½ onion and 2 tbsp coriander stem for a minute.
- Add diced veggies like ½ carrot, cabbage, beans, sweet corn and sauté for a minute.
- Add 3 cups of water, salt and pepper powder and boil for 15 minutes.
- Mix 1 tsp corn flour with little water to make a paste and add to the boiling soup.
- Boil until soup thickens and remove from flame.
- Add 3 tbsp coriander and 2 tbsp lemon juice and mix well.
- Garnish with more coriander leaves and serve hot.



Heart healthy benefits

- Being an excellent diuretic, coriander extract removes additional sodium and water from the body.
- Protects heart by lowering blood pressure and LDL (bad) cholesterol while increasing HDL (good) cholesterol.



Dinner

- A healthy and light dinner helps the body maintain its levels and functions.
- A healthy dinner is linked to good sleep, good choices at breakfast and lunch, lower inflammation, greater resilience to stress, better digestion, stable blood sugar and lower anxiety.



Some popular dinner recipes of Northern India are as follows.

Vegetable Khichdi



Nutritional value (1 cup)

Calories: 328 kcal
Fat: 1g
Carbohydrates: 23g
Proteins: 3g



Recipe

- In a cooker, heat 1 tbsp ghee and sauté 1 bay leaf, 2 pods of cardamom, 1-inch cinnamon, 3 cloves, 1 tsp cumin and a pinch of hing.
- Continue to sauté 1 onion followed by 1 slit green chili and 1 tsp ginger garlic paste and 1 tomato till they turn soft and mushy.
- Add vegetables like 2 tbsp peas, $\frac{1}{4}$ carrot and 2 tbsp capsicum. Sauté for a minute.
- Now add $\frac{1}{4}$ tsp turmeric, $\frac{1}{2}$ tsp chili powder, $\frac{1}{2}$ tsp garam masala and 1 tsp salt, and sauté on low flame.
- Add $\frac{1}{2}$ cup rice and $\frac{1}{2}$ cup moong dal, mix well for a minute on low flame.
- Now pour $3\frac{1}{4}$ cup water and 2 tbsp coriander leaves. Mix well.
- Cover and pressure cook for 3 whistles on medium flame.
- Serve vegetable masala khichdi with curd and pickle.



Heart healthy benefits

- Lentils are rich in polyphenols, which have the ability to lower blood pressure and help prevent various cardiovascular diseases.
- Lentils can lower your blood glucose levels by more than 20%. This improves your body's response to carbohydrates, and therefore it benefits people with diabetes.

Daliya Khichdi



Nutritional value (1 cup)

Calories: 241 kcal
Fat: 11.2g
Carbohydrates: 4.57g
Proteins: 29.76g



Recipe

- In a large bowl, take ½ cup daliya and ¼ cup moong dal and soak in enough water for 30 minutes.
- In a pressure cooker, take 2 tbsp ghee and splutter 1 tsp mustard, 1 tsp cumin, a pinch of hing, 1 dried red chili and few curry leaves.
- Add the soaked daliya-moong dal to tempering and sauté for 2 minutes or until it turns aromatic.
- Then add ¼ tsp turmeric, ¼ tsp chili powder, ½ tsp garam masala and ¾ tsp salt and sauté well.
- Add 1 carrot, ½ potato, 2 tbsp peas, 1 tomato and ½ tsp ginger paste and fry for a minute without breaking vegetables.
- Add 3 cups of water and pressure cook for 3 whistles or until daliya is cooked completely.
- Cool and add 2 tbsp of coriander leaves and mix well to serve.



Heart healthy benefits

- A rich source of potassium, which acts as a vasodilator reducing the blood constriction and stabilizing the blood pressure. This reduces strain on heart.
- Dietary fiber can help to balance cholesterol levels and prevent atherosclerosis.

Pan Grilled Chicken



Recipe

- Season 4 boneless chicken breasts on both sides with salt and pepper, 1 tsp ginger-garlic paste and 1 tsp red chili flakes.
- Cut dices of vegetables (1 carrot, 8-10 beans, 1 broccoli, 2-3 baby tomatoes, 1 onion and 1 capsicum)
- Heat olive oil in a pan, put chicken breasts on the hot pan and cook for 4 to 5 minutes.
- Flip, cover and cook for another 5 mins. Remove from flame.
- In a pan, add 1 tsp oil and add 4 chopped cloves of garlic. Add in the diced vegetables and cook on high flame for 4 minutes. Season with salt and pepper.
- Serve the hot pan grilled chicken with veggies together.



Heart healthy benefits

- High protein meal, which helps to promote better weight management that leads to improvements in risk factors for heart problems.
- Rich in vitamin B6, which plays an important role in preventing heart attack.
- Good source of niacin that helps lower cholesterol, a risk factor for heart disease development.

Nutritional value (100g)

Calories: 237 kcal
Fat: 13.49g
Carbohydrates: 0g
Proteins: 27.07g



Let us take a look at some of the popular dinner recipes of Southern India.

Vegetable Sambar



Recipe

- Soak dal in hot water for 20 mins and pressure cook for 3 whistles. Also soak 1 tamarind in water and extract its juice.
- Wash and chop vegetables ($\frac{1}{2}$ carrot, 4-5 broad beans, $\frac{1}{2}$ small cauliflower, 1 potato, 7-8 beans, 1 brinjal, 1 small white gourd, $\frac{1}{4}$ bottle gourd) and pressure cook it.
- Heat oil and add 1 tsp mustard seeds, when it starts to splutter, add $\frac{1}{2}$ tsp hing, 1 tsp red chilies, 1 tsp fenugreek seeds, few curry leaves, 1 cup diced onions and stir for few minutes.
- Add tamarind water, 1 tsp turmeric powder, salt and 1 tbsp sambar powder to it.
- Add the pressure cooked veggies and dal to the sambar with a little water.
- Simmer and bring everything to a boil, until the sambar thickens a little.
- Garnish with coriander leaves and serve it hot.

Nutritional value (1 cup)

Calories: 143 kcal
 Fat: 5.4g
 Carbohydrates: 18.4g
 Proteins: 2.5g



Heart healthy benefits

- High fiber foods are good for heart and cholesterol.
- High in antioxidants and vitamins and minerals like zinc, iron, folate, and magnesium, which are heart-friendly.

Kerala Fish Curry



Recipe

- Make a paste of 1 onion, 1 tomato, 6-8 cloves of garlic and 3 green chilies.
- Heat oil in a pan and add $\frac{1}{2}$ cup coconut paste and cook until golden brown. Add $\frac{1}{4}$ tsp chili powder, $\frac{1}{2}$ tsp turmeric powder, 1 tsp coriander powder and cook for about 3 minutes.
- Heat 1 tbsp oil in another saucepan and add 3 whole red chilies, few curry leaves and 1 tsp mustard seeds and 1 cup onion paste, and fry until brown
- Add the cooked coconut masala, $\frac{1}{2}$ cup tamarind extract and a cup of water and bring to a boil.
- Add 250g fish pieces and simmer for about 10 minutes.
- Serve hot with boiled rice.



Heart healthy benefits

- An important source of omega-3 fatty acids, which help maintain a healthy heart by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythms, and strokes.
- Lowers "bad" LDL levels, decreases blood pressure and lowers levels of triglycerides by 25%-30%.



Nutritional value (1 cup)

Calories: 241 kcal
 Fat: 11.2g
 Carbohydrates: 4.57g
 Proteins: 29.76g

Soya Uttapam



Nutritional value (2 pcs)

Calories: 104 kcal
Fat: 0.5g
Carbohydrates: 18.5g
Proteins: 8.75g

Recipe

- Heat 2 tsp oil and splutter ½ tsp each of urad dal, channa dal, mustard seeds, hing and 15-20 curry leaves; fry for about a minute
- Add ½ cup soya flakes and stir well. Add 2 cups of water and cook till the flakes are soft to touch.
- Remove them from stove, cool and add ½ cup rice flour, ½ cup sooji, salt to taste and 1 cup buttermilk to the soya mixture; mix well to make into thick consistency batter.
- Keep it covered for half an hour.
- Pour a ladleful of batter on a hot oiled tawa; sprinkle chopped onions and carrot over it.
- Pour some oil on all sides and cover and cook on medium flame till sides are loose and base gets golden brown.
- Flip over and cook. Serve with curd spiced with black salt, pepper and chopped coriander leaves.

Heart healthy benefits

- Good source of polyunsaturated fats that have heart health benefits, such as lowering cholesterol.
- Phytochemicals and fiber in soy-based foods lower the risk of cardiovascular disease, including stroke and coronary heart disease.

 *Some popular dinner recipes from Eastern India are as follows*

Shukto with Brown Rice

Recipe

- Cut and wash 1 potato, ½ raw banana, 1 sweet potato, 6 beans, 1 drumstick, 1 carrot and put the pieces into turmeric water.
- Heat mustard oil in a pan and add 2 tsp panch phoran masala in it along with 2 tsp ginger paste. Cook until it gets golden brown.
- Add 1 tsp each of mustard paste, chili powder and turmeric. Cook until the oil separates.
- Add the cut vegetables and sauté for 2 minutes.
- Add water and cook until the vegetables are tender.
- Serve with steamed rice.

Heart healthy benefits

- Decreases cholesterol levels, which helps to support heart health.
- Low in calories but high in fiber, so is a filling meal.



Nutritional value (1 cup)

Calories: 281 kcal
Fat: 14g
Carbohydrates: 35g
Proteins: 5g

Macher Jhol (Bengali Fish Curry)



Recipe

- Clean and cut rohu or catla fish into small pieces, mix 1 tsp salt and turmeric powder, and leave it to marinate for 2 hours.
- In a pan, heat oil and fry the fish pieces in it and set aside.
- In a pan heat, 2 tbsp mustard oil and add 1 tsp cumin seeds, 1 bay leaf, 1 chopped tomato and cook till it turns mushy.
- Add 2 tsp ginger-garlic paste, 3 green chilies, 1 tsp coriander powder, 1 tsp red chili powder and $\frac{1}{2}$ tsp turmeric powder, and cook for 5 mins.
- Add water as per your required consistency and bring it to boil.
- Add the fried fish pieces and cook them over low flame for 5 mins.
- Garnish with coriander leaves and serve with steamed rice.

Nutritional value (1 cup)

Calories: 176.5 kcal
Fat: 8.2g
Carbohydrates: 17.5g
Proteins: 7.8g

Heart healthy benefits

- Contains omega 3 fatty acids, which decrease bad cholesterol, decrease blood pressure and even check the inflammation.
- The absence of saturated fats in fish is highly recommended for heart health.

Mixed Vegetable Curry

Recipe

- Heat 4 tsp oil and sauté 1 bay leaf, 1 tsp cumin, 2 tsp kasuri methi. Add 1 onion and 1 tsp ginger garlic paste and cook for 5 mins.
- Add $\frac{1}{4}$ tsp turmeric, 1 tsp red chili powder, 1 tsp coriander powder, $\frac{1}{2}$ tsp garam masala and 1 tsp salt, and sauté well.
- Add 1 cup tomato puree and cook well.
- Add diced mix vegetables (1 potato, $\frac{1}{2}$ carrot, $\frac{1}{2}$ cup cauliflower, 4 beans, $\frac{1}{4}$ cup peas, $\frac{1}{4}$ capsicum) and mix well.
- Add $\frac{1}{2}$ cup water and cook for another 10 minutes.
- Turn off the flame and add 1 tsp kasuri methi and 2 tbsp coriander. Mix well and serve mix vegetable curry with hot roti.



Heart healthy benefits

- Rich in antioxidants and phytochemicals that help in protecting against inflammation.
- Delivers potassium and the fiber from vegetables reduces risk of heart disease.

Nutritional value (1 cup):

Calories: 188 kcal
Fat: 8.8g
Carbohydrates: 24g
Proteins: 5.6g



Let us look at some of the most popular dinner recipes of Western India

Usal with Jowar Roti

Recipe



For Usal:

- Wash and soak 2 cups whole moth (Matki) and keep for sprouting.
- Heat a pan and dry roast ½ cup grated dry coconut until it becomes brown in color.
- Heat 2 tbsp oil and add 8-10 cloves of garlic and 2-inch ginger and fry until brown. Add 1 cup sliced onions and fry until it turns brown.
- Add the roasted coconut and ¼ cup coriander. Mix, cool and blend into a paste.
- In a pan, heat 2 tbsp oil and add 1 tsp each of mustard seeds, cumin seeds, curry leaves, green chilies and 1 pinch hing.
- Add in 1 cup chopped onions and fry until onions become soft.

- Add 1 tsp turmeric powder and masala paste, red chili powder, ¼ tsp garam masala powder and cook till oil starts leaving the masala.
- Add the sprouts, 1 ½ cup water, 1 cup chopped tomato and simmer for 15 mins.
- Garnish with coriander leaves and chopped onion.

For Jowar roti:

- In a bowl, add ¾ cup jowar flour and ½ cup wheat flour and a pinch of salt and knead into a soft dough with warm water.
- Take a lemon sized ball of dough and roll in to a chapati. Put it on a hot griddle and flip immediately before it's half cooked.
- Cook for 2 mins and flip it again. Remove from heat once the chapati puffs up.

Nutritional value (1 cup)

Calories: 168 kcal
Fat: 5g
Carbohydrates: 21g
Proteins: 8g



Heart healthy benefits

- Nutrients in jowar roti prevents clogging of platelets and lowers the risk of heart attack, stroke and atherosclerosis.
- Rich in fibre, it helps to lower the LDL (bad cholesterol) and reduces the chance of heart diseases including stroke.
- Usal is rich in minerals like potassium, magnesium, iron, and copper, which are beneficial for heart health.

Sada Varan with Bhaat

Recipe

- Wash 1 cup toor dal in water and soak for 30 mins.
- Add dal to the pressure cooker with 1 ½ cups of water, 1 tsp turmeric powder and 1 tsp ghee.
- Cook it on medium heat for 3-4 whistles, cool and mash to a smooth consistency.
- In a small pan, heat 2 tbsp ghee and splutter 1 tsp mustard seeds, 1 tsp cumin seeds, 1 pinch hing and 2 green chillies.
- Immediately transfer the tadka to the cooked dal.
- Mix the tempering into the dal and serve with rice.



Heart healthy benefits

- A rich source of potassium, which acts as a vasodilator reducing the blood constriction and stabilizing the blood pressure. This reduces strain on heart.
- Dietary fiber can help to balance cholesterol levels and prevent atherosclerosis.



Nutritional value (1 cup)

Calories: 55 kcal
Fat: 2g
Carbohydrates: 6g
Proteins: 2g

Egg Vindaloo



Nutritional value (1 cup)

Calories: 104.7 kcal
Fat: 8.7g
Carbohydrates: 7g
Proteins: 1.7g



Recipe

- Boil, deshell and slice 4 eggs lengthwise.
- Grind 4 dry red chilies, 1-inch ginger, 6-7 cloves of garlic, and 2 tsp cumin seeds, 1 cinnamon stick, 2 tsp vinegar and salt to taste.
- Heat 2 tbsp ghee in a pan, add onions and fry till brown.
- Add the ground paste, 1 tsp sugar, 1 tsp garam masala powder, boiled eggs and cook till the gravy thickens.
- Garnish with ginger juliennes and coriander leaves and serve with roti or rice.



Heart healthy benefits

- Rich source of folate, vitamin A, vitamin B5, vitamin B12, vitamin D, vitamin B2, vitamin E, vitamin K, vitamin B6, phosphorus, selenium, zinc, proteins, healthy fats, choline, and calcium, which help to prevent heart diseases.
- Contains HDL cholesterol, which helps lower the risks of strokes.
- Eggs help lower down triglycerides while also lowering blood pressure and reducing the chances of abnormal heart rhythm.

A word from our dietitian

Eating regular meals like breakfast, lunch and snacks, and dinner ensures a steady and stable blood sugar, providing you with the steady energy for a longer period of time and keeps the heart healthy. Eating right means fresh, home cooked, unprocessed seasonal food in balanced quantity at the right time. Skipping a meal can make you end up eating a lot more in the next meal and in fact, make you crave for foods, which are very salty or sugary or calorie-laden. This can be called a case of "Fasting & Feasting Pattern", leading to fluctuating blood sugars, and weight gain and which in turn can affect heart health. This can also lead to bloating and acidity, making you feel a lot more heavier, thus destroying the purpose of it. Therefore, eating regular freshly cooked meals and maintaining stable blood sugar and healthy weight is of utmost importance for good heart health.



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