

## **SUPPLEMENTARY FILE 9: IMPROVING PROTEIN QUALITY OF MEALS**

Attached are the meal items that can be used to improve protein content in the menu. It will also add variety instead of serving rice everyday. Sometimes can serve them with healthy sweets like Puffed rice balls-Pori urundai, these are cheap, tasty as well as nutritious.

Breakfast- Batata Poha or Dalia

Lunch- Rajma served with rice, Chole served with chapatti or puri

Snacks- Chickpea Sundal or any other Sundal. Puffed rice balls-Pori urundai,

### **Batata Poha Recipe:**

#### **Ingredients:**

Poha (Aval) - 1.5 cups (thick poha)

Boiled Potato - 1 medium sized chopped(with skin)

Onion - 1 medium sized chopped finely

Peanuts - 2 tbsp

Lemon juice - 1 tsp

Sugar - 1 tsp

Salt - to taste

#### **For the seasoning**

Oil - 2 tsp

Mustard seeds - 3/4 tsp

Curry leaves - a small sprig

#### **Preparation**

- Wash Aval /Poha under running water for 2-3 minutes and drain all the water with a help of a colander or sieve. Keep it aside.
- You can use either chopped (uncooked) potatoes or boiled and cubes potatoes.

#### **Method**

- Heat a tsp of oil in a pan. Add mustard seeds, when it splutters, add curry leaves. Add onions and sauté until it turns transparent, and then add boiled chopped potatoes along with turmeric powder. Mix well, then add sugar and roasted peanuts, give a quick stir.
- By this time the poha would have become soft. Fluff it gently with a fork and add to the above. Add few drops of lemon juice and mix well. Garnish with coriander leaves and serve hot.

### **Rajma Curry:**

#### **Ingredients:**

Rajma - 1/3 cup

Onion - 1/2 cup (finely chopped)

Tomato Puree - 1 cup

Ginger garlic paste -3/4 tsp

Salt as required

**Spice powder**

Coriander Powder - 2 tsp

Chilli Powder - 1 tsp

Turmeric Powder - 1/4 tsp

Garam Masala Powder - 1 tsp

**For the seasoning**

Oil -1 tbsp

Cumin/Jeera seeds -1 tsp

**Preparation**

- Soak rajma (kidney beans) overnight.
- Pressure cook rajma with a little salt till soft. (5-6 whistles).
- Blanch tomatoes and blend it. You can even blend raw tomatoes.

**Method**

- Heat a tbsp of oil, add jeera seeds, when they sizzle, add finely chopped onions.
- Saute onions till they turn translucent.
- Add ginger-garlic paste and saute for some more time.
- Add tomato puree, all the spice powder and cook till oil separates.
- Now add the cooked rajma along with little water.
- Add salt needed, simmer and cook for a few minutes until everything gets blended well with the masala.
- Mash a few rajma with the back of the ladle for the gravy to thicken.
- Garnish with coriander leaves.
- Serve hot with plain rice or even as a side dish for chapatti.

**Chickpeas Sundal Recipe:****Ingredients needed**

Chick peas /channa -1 cup

Raw mango finely chopped or grated- 1/4 cup (optional)

Coconut - grated 1/4 cup

**For the seasoning**

Mustard - 1 tsp

Urad dal -1 1/2 tsp

Red chillies -2 broken into pieces

Hing/ asafoetida - 2 pinches

Curry leaves -little

Oil -2 tsp

**Preparation**

- Soak chickpeas in water overnight.
- Rinse well, add fresh water and pressure cook with required salt till soft.
- The channa/chickpeas should be soft but not mushy.
- Drain the excess water and keep aside.

**Method**

- Heat oil in a pan/kadai, add mustard seeds when it splutters.
- Add urad dal, red chillies, hing and curry leaves.
- Fry till urad dal turns golden brown.

- Add raw mango and saute for a few minutes.
- Then add cooked channa, salt and grated coconut and give it a nice stir.  
(add less salt as we have already added to the chick peas/channa while cooking)

Channa sundal is ready to be served.

## **Cracked Wheat Upma- Dalia**

### **Ingredients needed**

Cracked wheat - 1/2 cup (roasted)  
 Onion -1  
 Green chilli -1  
 Ginger - 1 inch piece finely chopped  
 Mixed vegetables - 3/4 - 1 cup (carrot, beans, potato)  
 Fresh Peas - handful (optional)

### **For the seasoning**

Oil - 1 1/2 tbsp  
 Mustard seeds - 1 tsp  
 Urad dal - 1/2 tsp  
 Curry leaves - few

### **Preparation**

- Can use roasted dalia, otherwise roast it in medium flame till slightly hot to touch.
- Chop the vegetables.
- Keep everything aside.

### **Method**

- Heat oil, add mustard seeds, when it splutters, add urad dal and curry leaves.
- Then add finely chopped onions, ginger, green chillies and saute till onions turn transparent.
- Then add all the vegetables and cook for a further 3-4 minutes.
- Add 1 ½ cup of water, needed salt, peas and bring water to boil.
- Simmer the flame, add the dalia slowly, stirring continuously to prevent it from forming lumps.
- Cover and cook on low flame, stirring in between, till all the water has evaporated and it becomes soft. (You can sprinkle water if needed in between).
- Serve hot with sambar or chutney.

## **Puffed rice balls-Pori urundai:**

### **Ingredients needed**

Puffed rice - 4 1/4 cup  
 Jaggery - 1 cup  
 Water - 1/2 cup  
 Cardamom powder - a pinch (optional)  
 Ghee - 1 tsp

### **Method**

- Heat 1/2 cup of water, add jaggery to it, after it melts, filter it to remove any impurities.

- Add a pinch of cardamom powder, a tsp of ghee to the jaggery and pour it into a heavy bottomed pan. Boil the jaggery water, till it reaches a hard ball consistency.
- Keep stirring it. [When you pour a tsp of jaggery syrup to a cup of water, it should not dissolve; you must be able to make a hard ball out of it. This is the right consistency.]
- At this stage, switch off the flame and add the puffed rice to it. Mix well.

Grease your hands with ghee and quickly make balls out of it, when the heat is bearable.

**Note-**

If the jaggery syrup dissolves in water, then you must boil the jaggery for some more time till you get that hard ball consistency.

If the mixture hardens, then you can warm it slightly and make balls.

You can make kadala urundai/peanut balls and pottukadala urundai/fried gram balls in the same procedure. Only thing is you have to roast it a little before using it and also remove the skin for peanuts.