

Onion Stuffed Paratha (Step by step procedure)

ONION STUFFED PARATHA (Step by step procedure)



Onion has been used as an ingredient in various dishes for thousands of years by many cultures around the world. This delicious onion paratha is a healthy dish for breakfast or lunch or dinner. They are easy to make, healthy alternative to regular chapathi. It tastes really great with raita or dal or subzi

Ingredients

For Paratha

1 and 1/2 Cup of Wheat Flour
1/2 Tsp of Ajwain/ Carrom Seeds
1 Tbsp of Oil
2 Tbsp of Chopped Cilantro
Salt and Water as needed

For Stuffing

1 Large onion (Finely Chopped)
3 Tbsp of Goat cheese or Cottage Cheese
3 Tbsp of Chopped Cilantro
3/4 Tsp of Red Chilly Powder
1 Tsp of Coriander Powder
1 Tsp of Cumin Powder
1/4 tsp of Turmeric Powder
1/2 Tsp of Garam Masala
1/2 Tsp of Dry Mango Powder/ Amchur Powder
Salt as needed

Method

Making of Stuffing

In a bowl add all the " For Stuffing " ingredients. Mix well. Keep it aside.



Making of Paratha

- Take a required water in a kettle and boil it.
- In the mean time take a wide bowl and add flour, ajwain, salt and oil.
- Now add boiled water to the bowl containing flour. Mix well with fork and make a dough like you do for chapathi's. Keep aside for 15 mins.
- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin paratha.
- Now add the stuffing and fold the paratha and roll into square paratha as shown in picture.



- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of roti.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply some oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the roti.
- Onion stuffed paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.



Tips

- **Serve with any dal or onion raita.**
- **Adding ajwain helps in digestion.**
- **Adding warm water to flour makes paratha soft.**
- **Add butter instead of oil.**

Health Benefits of Onions

- **Rich sources of fructo- oligosaccharides. The oligomers stimulate the growth of healthy bacteria.**
- **Lowers blood lipids and blood pressure.**
- **Prevents cancers.**



Onion Stuffed Paratha

Basil Pesto Pasta with Broccoli and Mushroom



Pesto is a sauce originated in Liguria region of northern Italy and traditionally consists of crushed garlic, basil and pine nuts blended with olive oil, Parmesan cheese and Fiore Sardo (cheese made from sheep's milk). This simple and flavorful sauce with pasta is a treat to your taste buds and the best way to enjoy basil. Great recipe to pack for lunch box and your kids will love this pasta.

Ingredients

2 Handful of Angel Hair Pasta
1/2 Cup of Broccoli
Few Mushroom (I used Baby Portabella)
3 Tbsp of Basil Pesto Sauce
2 Garlic Cloves
1/2 Tsp of Red Chilli Flakes
Sharp cheddar cheese and Parmesan Cheese to taste
Salt and Pepper to taste
2 Tsp of Olive Oil

Method



- **Bring 3 Cups of water to a rolling boil, add salt to taste.**
- **Add angel hair pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**



- In a large skillet, heat olive oil, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.
- Add chopped broccoli and mushroom , cook for a 1-2 mins. Season with salt and pepper.
- Add pasta to the skillet and add basil pesto sauce, toss well. Switch off the stove.
- Top pasta with sharp cheddar cheese, green olives and Parmesan cheese and serve immediately.



Basil Pesto Pasta with Broccoli and Mushroom

Tips

- **Adding cheddar cheese and green olives are optional. I used because I love Cheddar, parmesan and pasta combination.**
- **You can follow the same recipe by using any pasta.**
- **Use less oil, as basil pesto sauce itself has more oil in it.**

Health Benefits of Pasta

- **Try to use whole wheat or multi-grain pasta as it was rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.**
- **Adding green olives prevents heart diseases and cancer.**
- **Cheese are great source of protein and calcium. Also contains nutrients like zinc and biotin.**

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Basil Pesto Pasta with Broccoli and Mushroom

Masala Wheat Dosa



Masala wheat dosa is a simple and delicious dosa recipe. It is made with whole wheat and spices. This dosa is a powerhouse of fiber. I got this recipe from my friend. Instead of eating regular wheat dosa, try this recipe for a change, you will like it [\[\[f9.silly\[\[f9.tongue1\]\]](#) It goes well with coconut chutney or [peanut chutney](#) for breakfast or dinner.

Ingredients

1 and 1/2 Cup of Wheat Flour
1/2 Tsp of Turmeric Powder

1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1 Tsp of Garam Masala
1 Tsp of Cumin Seeds
2 Chopped Green Chillies
1 Chopped Green Onion
1 Tbsp of Chopped Cilantro
Salt to taste
Water as needed

Method



- Take whole wheat flour in a wide bowl, to that add turmeric powder, coriander powder, red chilly powder, cumin, garam masala, green onion, green chillies, cilantro salt and water. Mix it like a dosa batter.
- Heat a dosa pan or griddle, pour a ladleful of batter, spread it like dosa. Apply oil over dosa or in sides. cook both sides until it turns crisp.
- Wheat Dosa is ready to serve.



Tips

- Serve dosa with coconut or [peanut chutney](#) or onion raita.
- You can also add onion and more chilly powder, if you want too spicy dosa.
- You can add finely grated carrots or any vegetables of your choice.

Health Benefits of Whole Wheat

- Wheat bread are rich in dietary fiber.
- Controls blood sugar level.
- Provides longing lasting fullness to the stomach.
- Lowers the blood cholesterol.

Masala Wheat Dosa



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