

Carrot Halwa / Gajar Ka Halwa – Microwave Method / Easy Diwali Sweets

“200th Recipe “



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Hi Friends,

I'm really excited to write my 200th post. Its been 10 months

since I started my blog. I'm very happy that I shared and posted almost 200 recipes. Thanks for the comments, support and appreciation as I continue traveling in my culinary journey. Thank you everyone ☺ ☺

Gayathri Ramanan

Carrot Halwa / Gajar Ka Halwa is a traditional Punjabi dessert made with carrot, milk, ghee and sugar. This rich and colorful dessert is getting popular worldwide, also you can see this in Indian restaurant menu card. This is very quick to make dessert using microwave. You can also make this in stove top or pressure cooker. Addition of ghee and nuts makes the dessert more rich and delicious. The cardamom gives good aroma and a flavor to the dish. You can make this halwa for any special occasion. Serve this halwa with ice cream on top. Try this recipe and enjoy ☺ ☺



Ingredients

- 2 Carrots, Large (1 and 1/4 Cup)
- 1 Cup of 2% Milk
- 6 Tbsp of White Sugar
- 2 -3 Tbsp of Ghee (Clarified Butter)
- 2 Cardamom Pods
- Handful of Roasted Cashew Nuts

Method

- Wash, peel and grate the carrots, I got 1 Cup of Grated carrots. Crush the cardamom seeds in a mortar and pestle to a fine powder. Keep this aside.
- In a microwave safe bowl, add ghee (1 Tbsp) and grated carrots. Microwave this for 5 mins.

- Add milk and stir well. Microwave this for another 5 mins, stirring for every 2 mins.
- Add cardamom, ghee(1Tbsp) and sugar, stir well. Microwave this for 12 mins until carrots turns soft and milk fully absorbed, stir it for every 5 mins. Carrot halwa is ready.
- Garnish it with roasted cashews or any nuts of your choice. Serve it warm or cold.



Tips

- You can use condensed milk instead of adding 2% fat milk.
- Add any nuts of choice for garnish.
- If you have unroasted cashews, roast it in ghee before you serve.
- You can also serve this halwa with ice cream on top.
- It will lasts for 2-3 days so refrigerate it in an air

tight box.

- Adjust the amount of sugar according to your taste.
- When you add sugar, the mixture turns watery so microwave till all the milk is absorbed.



Health Benefits of Carrot

- Good for the eyes.
 - Prevents cancer.
 - Vitamin A and antioxidant in carrot protect the skin from sun damage.
 - Prevents heart disease and stroke.
 - It has anti-aging property.
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- **sending recipe to** [“Walking through the memory lane” event \(WTML\) Gayathri’s Cook Spot.Daythroughmylife](#)



**Carrot Halwa
in Microwave**

foody-buddy.blogspot.com

**[Vegetable Bread Roll Recipe /
Veggie Bread Rolls – Indian
Snack](#)**



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Vegetable Bread Roll Recipe is a delicious and healthy evening snack to eat with a cup of tea. They are easy and quick to make recipe with healthy ingredients. You can use whole wheat bread or white bread to make this dish. I have given recipe with step by step pictures. Have this veggie bread rolls with hot tomato chilli ketchup. Also it is great liking recipe both for kids and adult. You can also pack this vegetable bread roll for kids lunch box.

Ingredients

- 2 Whole Wheat Bread Slices
- 1 Large Carrot, Finely Chopped
- 2 Tbsp of Green Peas
- 4 Green Beans, Chopped
- 2 Tbsp of Onion, Finely Chopped
- 1/2 Tsp of Ginger Garlic Paste
- Pinch of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
- 1 Tsp of Coriander Powder
- Pinch of Garam Masala
- Salt to taste
- 5 Curry Leaves
- 1 Tbsp of Coriander Leaves
- 2 Tsp of Oil To Saute The Vegetable
- 1 Tbsp of Oil / Butter / Ghee for Shallow Fry

Method

For Vegetable Stuffing

- Heat oil in a pan, add cumin seeds and curry leaves, after it splutter, add chopped onion and ginger-garlic paste, fry this for 2 mins until onion soften and changes color and raw smell vanishes.
- Add carrot, peas, beans and salt, saute this for few mins and cook until vegetables turns soft.
- Add coriander powder, turmeric powder, red chilly powder and garam masala, fry this for few mins.
- Finally add the chopped coriander leaves and turn off the flame.



For Bread Rolls

- **Cut the brown crust of the bread, roll it slightly with a rolling pin.**



- **Add the stuffing in middle of the bread and then roll it and finally seal the end of the bread with few drops of bread.**



- **Heat oil / ghee in a pan, shallow fry the bread roll until it turns golden brown color and crisp.**



- **Serve hot with tomato ketchup.**



Tips

- **You can deep fry the bread rolls instead of shallow frying.**
- **You can also bake it in oven until it turns crispy.**
- **Adjust the amount of red chilly powder according to your taste.**

- Use any vegetables for your choice for stuffing.
- You can also have cheddar cheese slice or any cheese instead of having vegetable stuffing.

Health Benefits of Vegetables

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.



kathirikkai poriyal / Sauteed Eggplant – Nepali Style



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Egg Plant is also called Brinjal/Melongene. Eggplant is used in cuisine of many countries because everyone love Eggplant next to Potato. Eggplant is one of those unique vegetables – alone it doesn't taste like much, but cooked with seasonings it takes on a world of flavor. I made this poriyal in Nepali style. In Nepal, they called this dish as Nepali Bhanta Tarkaari. In this they use chinese eggplant, the longer ones. But I used smaller eggplant variety. I got this recipe from my recipe book and the dish tastes awesome. It goes well with [curd rice](#) or [sambar rice](#) or any [variety rice](#).

Ingredients

2 Tbsp of Vegetable Oil

1/2 Tsp of Cumin Seeds
1 Large Onion, Finely Chopped
2 Tsp of Ginger, Minced
2 Garlic Cloves, Chopped
1/2 Tsp of Turmeric Powder
6 Medium Eggplants / Brinjals, Chopped
1.5 Tsp of Coriander Powder
1 Tsp of Cumin Powder
1/2 Tsp of Red Chilly Powder / Cayeene Pepper
1/2 Tsp of Salt
1/8 Tsp of Black Pepper Powder

Method

- Heat the oil in a pan over medium heat. When the oil is hot, add the cumin seeds and fry until it turns brown.
- Add the onion, ginger, garlic and fry this for 2-3 mins until onions soften and changes color.
- Add chopped eggplant/ Brinjal and salt, saute this for few mins.
- Add coriander powder, cumin powder, turmeric powder, red chilly powder, salt and pepper, mix well with brinjal and fry this for few secs and add little water, reduce the heat, cover it and cook it for 7- 10 mins. Once it done, turn off the flame.
- Sauteed eggplant / Kathirikkai Poriyal is ready to eat.



Tips

- Best accompaniment are [curd rice](#) or [sambar rice](#) or [rasam rice](#).
- You can use smaller eggplant or the longer ones for this dish.
- You can add chopped tomato at the end, for a tangy taste.

Health Benefits of Eggplant / Brinjal

- Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.
- Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.



Kathirikkai Poriyal