

Spicy Diamond Crackers / Diamond Cuts/ Savory Maida Biscuits / Tukda



Diamond cuts / crackers are made from maida / all purpose flour in which spices are added, kneaded and then deep fried. This evening time snack tastes really great with hot cup of tea.

Ingredients

- 1 Cup of Maida / All Purpose flour**
- 1 Tbsp of Butter**
- 1 Tsp of Red Chilly Powder**
- A Pinch of Asafoetida**
- Less Than 1/4 Tsp of Baking Soda**

Water for Kneading
Salt to Taste
Oil for Deep Frying

Method



- In a mixing bowl, add maida, baking soda, butter, red chilly powder, asafoetida, salt and water for kneading. Mix all the ingredients well.
- Knead the dough until it is soft.
- Cover and let it rest for 30 mins.
- Divide the dough into equal balls.
- Roll into thin chapathi's and cut into vertically and diagonally with one inch space between each lines to get diamond shapes.
- Heat oil in a deep frying pan, fry the diamonds in a medium flame until it turns golden brown on both sides. Let it cool down and store them in a airtight container.
- Spicy diamond cuts are ready.



Tips

- You can also add ajwain and cumin, if you prefer.
- Adjust the spicyness according to your taste.
- Don't worry if diamonds are together, if you drop in oil, it will separate.



OPEN TORTA WEDGES – KIDS RECIPES



Are you new to the torta or have you tried torta before. A Torta is a Mexican sandwich, served on an oblong 6-8 inch toasted sandwich roll. Main ingredients are steak or chicken or pinto beans and garnishing ingredients are avocado, cheese, jalapenos, poblano , onion and tomatoes.

You can make a simple bread into creative and healthy snack for kids and adults. The addition of Pinto beans and guacamole are very good for our health, also it gives extra taste and creamyness, addition of tomato ketchup gives tangy taste and of course jalapenos gives extra kick to the snack because of mild spiciness. This is very easy to make, healthy and super nutritious. You can pack this for kids lunch box as this snack is colorful, also it is packed with carbs (from bread) protein (from Pinto beans) and good fats (from Avocado) Try this torta wedges and let me know your feedback.

Ingredients

2 Whole Wheat Bread, Toasted
1/2 Cup of [Cooked and Mashed Pinto Beans](#)
1/2 Cup of [Guacamole](#)
2 Tbsp of Tomato Ketchup
10 Slices of Jalapenos
Few Sprigs of Cilantro
2 Tsp of Ghee or Butter

Method

- Spread butter or ghee over the bread and then toast your whole wheat bread in a bread toaster until it turns crisp.
- Using knife, cut the bread into shapes like triangle or circular.
- Take a spoonful of [mashed pinto beans](#) and just spread it over the bread pieces.
- Next, place [guacamole](#) on top of the mashed pinto beans.
- Squeeze some tomato ketchup on top of the guacamole.
- Place the slices of jalapeno next to the guacamole.
- Follow the same steps to the rest of the bread pieces.
- Open Torto wedges are ready. Finally garnish it with cilantro.



Tips

- You can put some cheddar cheese or any cheese on top of the guacamole.
- You can also use mayonnaise or vegenaïse, if you like.
- Your bread should be crisp for this snack.
- You can see my [guacamole recipe with video](#) and [pinto beans recipe](#) in my blog.

Health Benefits of Torta Wedges

- Whole wheat bread are very good for health.

Pinto Beans

- Pinto beans, like most of the other beans, are rich in

fibers that are known for lowering cholesterol.

- This beans are rich in molybdenum, folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to health.

Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.



SPINACH LACCHA PARATHA- STEP BY STEP PROCEDURE – BREAKFAST RECIPE



Palak laccha paratha is a easy, nutritious and great in taste. This green colored wheat bread is cool to eyes and good to health is made with spinach puree, wheat flour and some spices. Healthy alternative to regular chapathi. It goes well with any [dal](#) , [raita](#) or [aloo mattar](#) or [Panner bhurji](#)

Ingredients

1 and 1/2 Cups of Wheat Flour

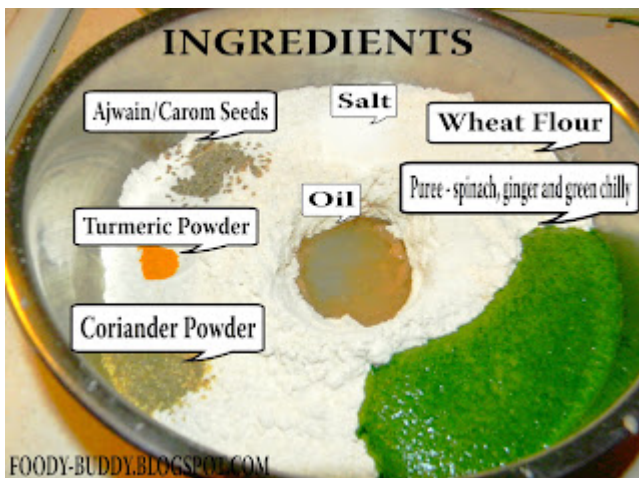
3 Tsp of Oil
1/2 Tsp of Ajwain / Carom Seeds
Pinch of Turmeric Powder
1 Tsp of Coriander Powder
Salt to Taste

To Make a Puree

1 and 1/4 Cup of Spinach
1/2 Inch of Ginger
1 or 2 Green Chilly

Put all the ingredients in a blender and make a puree by adding 1/2 Cup of Water

Method



- In a bowl, add wheat flour, carom seeds, turmeric powder, coriander powder, oil, spinach puree and salt.
- Mix well with a fork and make a dough like you do for chapathi. Keep aside for 30 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.**



- **Put 1 Tsp of Oil and spread it evenly. Sprinkle some flour on it.**



- **Pleat the roti on one side as shown in pic.**



- **Coil the pleated roti into round balls as shown in pic.**



- **Dip into flour and roll it gently.**



- **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.
- Spinach Laccha 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.
- Hot spinach laccha paratha is ready to serve.



Tips

- Serve with any [dal](#) or onion raita or [aloo mattar](#) or [lima beans curry](#) or [Paneer Bhurji](#)
- Adding ajwain helps in digestion.
- You can also add some yogurt to makes soft paratha .
- Add butter instead of oil.

Health Benefits for Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps

keep cells all over the body growing and functioning well.

- It's an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids' muscles.
- Spinach also helps regulate blood sugar and keeps your children's hearts healthy because it's high in potassium and magnesium.



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