

# Baked Sev / Low fat Omapodi

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*Are you in a strict diet to lose weight ? Also craving to eat snack ? Then you should go for this kind of low fat snack... This tasty , low calorie Indian snack are made from besan flour and rice flour for crispness. Try this recipe and let me know your feedback.*

## **Ingredients**

**1/2 Cup of Besan Flour / Gram Flour**

1 Tbsp of Rice Flour  
1/2 Tsp of Red Chilly Powder  
1/8 Tsp of Ajwain / Carom Seeds  
Pinch of Asafoetida / Hing  
2 Tsp of Oil  
Water as needed  
Salt as needed

## Method

- Dry roast the ajwain / carom seeds for 1 min until you get nice aroma.
- Powder it with mortar & pestle into a fine powder. Soak this ajwain powder in a 2 Tbsp of water for 10 mins. Filter it using tea strainer and keep this aside.
- Sieve both besan and rice flour to a bowl. Add red chilly powder, hing and salt. Heat the oil and add it to the flour. Mix well. Finally add ajwain water little by little, mix well by hand. Add required water and make into a soft, smooth dough. Let it sit for 10 mins.
- Preheat the oven to 400 degree F.
- Grease your hand with oil
- Take a small quantity of dough , put it in the sev press. Press it in a circular motion directly to a baking tray, greased with oil.
- Bake it in a preheated oven at 400 degree F for 7-10 mins. Mine got baked in 8 mins.
- After it cool down, break the strands as a sev / omapodi and store it in airtight container.



## Tips

- You can use this for topping bhel puri / pani puri.
- Use small dotted hole plate in sev press to make omapodi / sev.
- Follow the same ingredients and deep fry it in oil, for a tastier plain sev.
- If you are not in diet, you can use butter for a great taste.
- Adjust red chilly powder and salt according to your taste buds.
- Don't add too much of ajwain that gives you a bitter taste. In my first try, I did that mistake.
- While baking, keep an eye on the oven after 5th min, once you find color change, immediately switch it off and take it out. If you keep it for a longer time, it will turn brown, also taste bitter.

## Health Benefits of Besan Flour

- Rich in folate, iron, magnesium and phosphorus.
- High in protein and fiber.
- Great food for diabetic people.
- Improve heart health.



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**Leftover Magic Dosa –**

# Breakfast Recipe

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*Dosa is a savory crepe, popular in South India. It is made from rice batter, semolina (rava), maida(APF) and flavored with cumin, pepper, green chilly, onion and ginger. This is my mom's recipe. This tasty, quick dosa is very easy to make in minutes. If you have left over dosa batter, then try this recipe and enjoy !!!!*

## Ingredients

- 2 Cups of Leftover Dosa Batter
- 4 Tbsp of Maida/ All Purpose Flour
- 2 Tbsp of Sooji / Rava/ Semolina

**1/2 Red Onion, Grated**  
**1 Inch Ginger, grated**  
**2 Green Chillies, Finely Chopped**  
**1/2 Tsp of Cumin**  
**1 Medium Size Carrot, Grated**  
**1 Sprig of Curry Leaves, Finely Chopped**  
**Pinch of Hing / Asafoetida**  
**6 Pepper corns, Crushed**  
**Salt to taste**  
**1/2 Cup – 1 Cup of Water or as needed**  
**Oil as needed**



**Servings : 6 – 7 Dosa**

### **Method**

- **Grate the onion, ginger and carrot, keep this aside.**

- **Crush the peppercorns.**
- **Chop the green chillies and curry leaves finely.**
- **In a wide bowl, add leftover dosa batter, rava, maida, grated onion, ginger, carrot, chopped green chillies, curry leaves. pepper corns, cumin, hing, salt and water. Batter should not be too thick or too watery.**
- **Let the batter sit in countertop for 30 mins.**
- **Heat a dosa pan or griddle, pour a ladleful of batter in a circular motion starting from center to the periphery. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.**
- **Crispy dosa is ready to serve.**



**Leftover Magic Dosa**

## Tips

- Serve this dosa with coconut chutney or podukadalai chutney or tomato chutney or sambar.
- Always mix the dosa batter before you make dosa, because rava will settle at the bottom.
- Always cook dosa in a medium flame.
- You can add ghee to dosa for a great taste.



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**Thandu Keerai / Mulai Keerai**

# Poriyal

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*Thandu keerai / mullai keerai are also known as Red Amaranthus in English. This tasty thandu keerai consumed extensively in Tamilnadu, southern part of India. I am big fan of all Greens because my mom used to make keerai(greens) twice or thrice a week as it was very good for our health. This thandu keerai is very rich in vitamins and minerals. Apart from that, mullai keerai cools and energizes the body, also very good blood cleanser. Try this healthy dish and enjoy your day.*

## **Ingredients**

- **1 Bunch of Thandu Keerai / Red Amaranthus**
- **1/4 Cup of Chopped Red Onion**
- **2 Garlic Cloves, Chopped**
- **1 Tbsp of Dry Coconut Flakes**
- **1/4 Tsp of Turmeric Powder**
- **Salt to taste**

### **To Temper**

- **2 Tsp of Oil**
- **1/2 Tsp of Mustard Seeds**
- **1/2 Tsp of Urad Dal**
- **1/2 Tsp of Cumin**
- **2 Red Chillies**
- **Pinch of Asafoetida**
- **Few Curry Leaves**

### **Method**

- **Wash the greens and chop it finely along with stems.**
- **Heat a pan with oil, add mustard, urad dal, cumin, asafoetida, curry leaves and broken red chillies, after they splutter, add chopped onion and turmeric powder, fry for 2 mins till golden brown.**
- **Add chopped garlic, fry for a min.**
- **Add chopped greens( keerai) and salt to it, saute well . Sprinkle little water and cover the pan with a lid and cook it for 3-5 mins.**
- **Add coconut flakes, Again mix well, check the salt and turn off the stove.**
- **Serve hot and enjoy.**



### **Tips**

- While Making this dish, don't add too much of water because the green itself has water content in it.
- You can also make this without onion and garlic.

### **Health Benefits of Thandu Keerai ( Red Amaranthus)**

- Rich in dietary fiber, so it enhances digestion.
- Good source of Vitamin A, B1, B2, B6, C, Iron and potassium
- Lowers the cholesterol.
- High in protein content.
- Rich source of folic acid, good for pregnant ladies.
- Good for patients with cardiovascular disease.
- Boost the immune system.

- Prevents the premature grey hair.
- Prevent women from ovarian cancer and miscarriages.



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