



Recipes Handout

Class #5: Keys for Natural Appetite Control

Refreshing Mint Smoothie

Makes 2 servings

Ingredients:

- 2 mangoes, ripe
- 1 medium cucumber, chilled
- 10 mint leaves
- 1 cup ice
- 1 lime, juiced

Directions:

Much like a mango lassi or mint chutney, this smoothie is a refreshing accompaniment to any Indian menu. If ripe mango is not available, frozen mango can be substituted and less ice used. Peel the fresh mango and place in the blender. Add the cucumber, mint leaves, ice, and fresh lime juice. Blend until smooth. Turn off the blender to adjust ingredients or use a tamper.

Per serving: 156 calories; 1.8 g protein; 40.6 g carbohydrate; 28.8 g sugar; 0.7 g total fat; 3.8 % calories from fat; 5 g fiber; 11 mg sodium

Brown Basmati Rice

Makes 3 servings

Ingredients:

- 1 cup brown basmati rice, dry
- 2 cardamom pods
- 1 clove, whole
- 1 cinnamon stick
- Salt, to taste

Directions:

Optional: Place rice in 2 cups of water for 1 to 2 hours to soak. This helps to reduce the cooking time, and the rice will be fluffier. In a medium saucepan, roast cardamom pods, clove, and cinnamon over low heat until you get an aroma. Add soaked rice with soaking water or dry rice with 2 cups of fresh water to the pan. Cook over low heat until rice is tender, approximately 25 minutes.

You may wish to cover the pot. Add water if needed as water is soaked or evaporates. Enjoy the unique flavor of this rice!

Per serving: 232 calories; 5.4 g protein; 48 g carbohydrate; 0.7 g sugar; 1.9 g total fat; 6.9 % calories from fat; 6.2 g fiber; 11 mg sodium

Recipe from Nandita Shaw, M.D., from the *21-Day Indian Kickstart* online menu

Curried Lentil and Tomato Stew

Makes 3 servings

Ingredients:

- 1/2 yellow onion, diced
- 1 carrot, diced
- 1 teaspoon fresh ginger, grated
- 3 cloves garlic, minced
- 2 tablespoons curry powder
- 1 teaspoon fenugreek seeds
- 2 ripe tomatoes, diced
- 4 cups low-sodium vegetable broth
- 1/4 cup tomato paste
- 1 cup green or brown lentils
- 1 teaspoon salt
- Basmati rice

Directions:

Over medium-high heat, saute the onion in water until browned. Reduce the heat to medium. Add the carrot, ginger, garlic, curry powder, fenugreek, and tomatoes, sauteing for about 1 minute. Add the vegetable broth and tomato paste, stirring until the tomato paste is thoroughly combined with the broth. Bring the stew to a simmer. Add the lentils and stir. Once the stew comes back to a simmer, cover the pot and reduce the heat to low. Cook the soup for 20 to 30 minutes or until the lentils are soft. Serve over basmati rice.

Per serving: 276 calories; 18.3 g protein; 52.1 g carbohydrate; 10.9 g sugar; 1.2 g total fat; 3.7 % calories from fat; 13.5 g fiber; 1015 mg sodium

Recipe adapted from *21-Day Weight Loss Kickstart* by Neal Barnard; Recipe by Jason Wyrick