



# ***Just the Basics Meal Plan Recipes***

**George Brown College and Canadian Diabetes Association**



# George Brown College Diabetes Cultural Cuisine Project

According to the Canadian Diabetes Association (CDA) 2008 Clinical Practice Guidelines, certain ethnic communities are at a higher risk of developing type 2 diabetes and its complications like heart disease than the general population. These include communities of South Asian, Asian (Chinese), Hispanic, West Indian/Caribbean, African and Aboriginal descent. The Ontario Ministry of Health and Long Term Care has also identified the need to raise awareness of diabetes prevention and management in high risk ethnic communities through the diabetes strategy.

We know that modifiable lifestyle factors, such as healthy eating habits and physical activity play a major role in the onset, severity and prevention of type 2 diabetes. Culturally specific resources and programs have shown to be effective for diabetes management and prevention in target communities. However, diabetes community programs in Canada have indicated a significant need to increase their culturally specific resources, education and support services.

As a result, George Brown College (GBC) began an applied research project to reach out to high risk ethnic communities in 2007. The goal is to create healthy versions of traditional ethnic dishes that look and taste great. The project consists of collecting ethnic recipes from community members who have or are at risk of developing diabetes. These recipes are then modified at GBC to become diabetes friendly according to the CDA nutrition guidelines. The modified recipes are presented through cooking demonstrations at local health centres to obtain final approval from the target communities. We are pleased to share these recipes with you as part of the culturally adapted “South Asian Just the Basics: Healthy Eating for Diabetes Management and Prevention” resource.

For more information about the project, please visit:  
<http://gbcresearch.ca/projects/hospitality/2009/recipesDiabetes/index.html>

Or contact Sobia Khan at [skhan@georgebrown.ca](mailto:skhan@georgebrown.ca).

## Acknowledgements

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# How to Use the Recipes to Plan Your Personalized Meal

The new “South Asian Just the Basics: Healthy Eating for Diabetes Management and Prevention” resource suggests how to plan for a healthy meal. Eating healthy does not mean you have to give up your favorite traditional dishes. Be aware of portion sizes when planning your meal (see balanced plate below). The recipes in this booklet are portioned according to the plate method to make it easy for you to create a personalized meal.

- 1) To control portion size, use a plate that is 8 inches in diameter for meals. This will help you manage your calories and weight.
- 2) Starchy foods like rice and *roti* need to be limited to a quarter of the plate. Starchy foods are high in carbohydrates and can raise your blood sugar levels.
- 3) Foods that are high in protein such as meat and alternatives (chicken, fish, beans, lentils and paneer) need to be a quarter of the plate.
- 4) Vegetables curries and salads should be half of your plate. Try not to include too many starchy vegetables like potatoes, corn and peas in your favorite South Asian dishes.
- 5) On the side, add a milk and alternative like low fat *raita* or *lassi* along with a fruit to complete your meal.



unbalanced plate



balanced plate



# Chickpea Rice

## (Channa Chawal)

**Preparation time:** 20 minutes

**Cooking time:** 50 minutes

**Makes 8 servings**



### INGREDIENTS

20 black peppercorns, whole  
10 cloves, whole  
2 black cardamom, cracked  
1 stick cinnamon (*dalchini*), broken into 1-inch (2.54 cm) pieces  
1-1/2 tsp (7 mL) cumin seeds  
1 tbsp (15 mL) canola oil  
1/2 cup (125 mL) minced onion  
2 tbsp (30 mL) minced garlic  
2 tbsp (30 mL) minced ginger  
1 tbsp (15 mL) water  
1 can (19 oz /540 mL) chickpeas, drained and rinsed  
1 cup (250 mL) brown basmati rice  
2 cups (500 mL) cold water  
1/2 tsp (2 mL) salt

### Nutritional Analysis Per Serving (2/3 cup)

Calories..... 175  
Fat, total ..... 3 g  
Fat, saturated ..... 0 g  
Cholesterol..... 0 mg  
Carbohydrate ..... 32 g  
Fibre ..... 4 g  
Sodium ..... 267 mg  
Protein ..... 5 g

### Food Choices

Carbohydrate ..... 1 1/2  
Meat & Alternatives ..... 1/2  
Fat..... 1/2

### METHOD

1. Wash and soak rice for 20 minutes.
2. In a medium saucepan over Medium heat, add peppercorns, cloves, cardamom, cinnamon and cumin seeds and toast until fragrant; about 1 minute.
3. Add oil and allow to heat.
4. Add onions and cook until onions are golden brown; about 5 minutes.
5. Add garlic, ginger and 1 tbsp water. Cook for 3 minutes.
6. Add chickpeas and rice and water and stir. The water should be level with rice and chickpea mixture.
7. Bring to a boil over High heat. After 2 minutes, lower heat to Low.
8. Add salt, stir, cover and simmer for 40 minutes or until water is absorbed.
9. Remove from heat, fluff with fork then cover and let sit for 5 minutes before serving.

### TIPS

- 1) Toast whole spices first when using them in dishes as the heat will bring out their flavour. By using spices and herbs, you will not need as much salt in your dishes. The salt has been reduced from the original recipe and the spices, garlic and ginger increased to maintain the flavour of the dish.
- 2) Add whole grains to your diet by switching to brown basmati rice instead of white. The cooking time for brown rice will be more than white but you will not notice a difference in flavour and it will add more fibre to your diet.
- 3) This rice dish will also freeze well. Place the rice in small containers and freeze. To serve, just thaw in the fridge and warm up.



# Whole Wheat and Gram Flour Flat Bread

## (Besan Roti)

**Preparation time:** 30 minutes

**Cooking time:** 20 minutes

**Makes** 6 servings



### INGREDIENTS

1 cup plus 1 tbsp (265 mL) whole wheat flour  
1/2 cup (125 mL) chickpea or gram flour (*besan*)  
1/2 cup (125 mL) finely chopped fresh spinach, washed and dried  
1/4 cup (60 mL) minced onion  
1/4 cup (60 mL) water (approx.)  
4 tsp (20 mL) finely chopped cilantro, washed and dried  
4 tsp (20 mL) canola oil, divided  
1/2 tsp (2 mL) red chilli flakes  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) baking powder

### Nutritional Analysis Per Serving

(1 roti, 6 inches)

Calories.....	133
Fat, total .....	4 g
Fat, saturated .....	0 g
Cholesterol.....	0 mg
Carbohydrate .....	21 g
Fibre .....	4 g
Sodium .....	218 mg
Protein .....	5 g

### Food Choices

Carbohydrate .....	1
Fat.....	1

### METHOD

1. In a bowl, place 1 cup (250 mL) of the whole wheat flour, gram flour, spinach, onion, water, cilantro, 2 tsp (10 mL) of the oil, red chilli flakes, salt and baking powder and knead to form a soft dough.
2. Cover with plastic wrap or damp towel and let rest 15 minutes.
3. Divide into 6 evenly portioned balls.
4. On a lightly floured surface using the remaining whole wheat flour, flatten balls with hand into small discs and then roll out with rolling pin into 6 inch (15 cm) diameter circles.
5. Lightly brush each with remaining canola oil.
6. In a small sauté pan, on Medium heat fry each *roti* for approximately 1 minute on each side or until lightly blistered.

### TIPS

- 1) The water in this and other dough recipes is a guideline as some flours may absorb the water differently than others. For this recipe, you want a dough that is soft, but not sticky.
- 2) Gram flour is made from dried and ground chickpeas, is gluten free, a good source of fibre and has a lower glycemic index. Adding whole wheat flour with gram flour adds a nice texture to the dough and keeps it together and soft as it contains gluten.

# Easy Veal Stew

## (Ghosht)

**Preparation time:** 45 minutes

**Cooking time:** 1 hour and 20 minutes

**Makes** 4 servings



### INGREDIENTS

1 lb (500g) bone-in lean veal shoulder, cut into 1-inch (2.54 cm) cubes  
1-1/2 cup (375 mL) thinly sliced (lengthwise) onion  
1 cup (250 mL) water  
18 peppercorns, whole  
12 cloves, whole  
2 black cardamom, cracked  
2 roma tomatoes, peeled and chopped  
1 stick cinnamon (*dalchini*), broken into 2 (5 inches/12.7 cm) pieces  
1 tsp (5 mL) minced garlic  
1 tsp (5 mL) minced ginger  
1 tsp (5 mL) crushed coriander seeds  
1 tsp (5 mL) cumin seeds  
3/4 tsp (4 mL) paprika  
1/2 tsp (2 mL) red chili flakes  
1/2 tsp (2 mL) salt  
1/8 tsp (0.5 mL) turmeric

### Topping

1 small green chili, whole with stem  
2 tbsp (30 mL) non-fat yogurt  
1 tbsp (15 mL) chopped cilantro  
1 tbsp (15 mL) thinly sliced ginger

### METHOD

1. In a medium pot over Low heat, add veal, onion, water, peppercorns, cloves, cardamom, tomatoes, cinnamon, garlic, ginger, coriander seeds, cumin seeds, paprika, chili flakes, salt and turmeric and stir.
2. Reduce heat to Low, cover and simmer for 1 hour or until meat is tender.
3. Remove lid and cook for 20 minutes more or until stew is thick and water is reduced.
4. Add topping ingredients of green chili, yogurt, cilantro and ginger, stir and remove from heat.

### TIPS

- 1) Ask a butcher to cut the meat for you and that way you can ask for any visible fat to be trimmed. This will reduce the fat content of the dish.
- 2) Using bone-in veal shoulder will enhance the flavour of this dish. You can also find packages of bone-in cubed veal shoulder at the grocery store. If you cannot find veal shoulder, another lean cut of beef can be substituted in this dish.
- 3) One great aspect of South Asian cooking is that it is full of flavour because of the array of spices that are used. Even though this dish has a large amount of spices, some have shown potential health benefits. For example, cinnamon has shown in some studies to lower blood sugar levels and be beneficial for diabetes. Turmeric has antioxidant properties and may protect against diseases such as heart disease or cancer. So enjoy them as part of a healthy diet.

### Nutritional Analysis Per Serving

(1/2 cup)

Calories..... 159  
Fat, total ..... 3 g  
Fat, saturated ..... 1 g  
Cholesterol..... 78 mg  
Carbohydrate ..... 9 g  
Fibre ..... 2 g  
Sodium ..... 359 mg  
Protein ..... 23 g

### Food Choices

Meat & Alternatives ..... 3

# Butter Chicken

## (Makhani Murgh)

- *Preheat oven to 350°F (175°C)*
- *12" x 17" baking sheet*

*Preparation time: 50 minutes*

*Cooking time: 30 minutes*

*Makes 6 servings*



### INGREDIENTS

#### Chicken and Marinade

- 2 tbsp (30 mL) non-fat yogurt
- ½ tsp (2 mL) paprika
- ½ tsp (2 mL) chili powder
- 1 lb (500 g) boneless, skinless chicken breast, cut into 1 inch (2.54 cm) cubes

#### Curry Sauce

- 1-1/2 tsp (7 mL) canola oil
- 1 tsp (5 mL) minced garlic
- 1 tsp (5 mL) minced ginger
- 2 tbsp (30 mL) tomato paste
- 2 cups (500 mL) no salt added diced canned tomatoes
- 1 cup (250 mL) water
- 1 tbsp (15 mL) finely ground, unsalted and dry roasted cashews
- 1/3 cup (75 mL) non-fat yogurt
- 2 tsp (10 mL) dry fenugreek leaves
- 1-1/2 tsp (7 mL) garam masala
- 1/2 tsp (2 mL) salt
- 1/4 cup (60 mL) half-and-half (10%) cream

### Nutritional Analysis Per Serving

(3/4 cup)

Calories.....	142
Fat, total .....	4 g
Fat, saturated .....	1 g
Cholesterol.....	48 mg
Carbohydrate .....	7 g
Fibre .....	1 g
Sodium.....	267 mg
Protein .....	19 g

#### Food Choices

Meat & Alternatives .....2 1/2

### METHOD

1. In a medium bowl, add yogurt, paprika and chili powder for marinade and mix.
2. Add chicken and stir to coat. Cover the bowl with plastic wrap and refrigerate for 30 minutes.
3. Place chicken on a baking sheet with all the marinade. Bake for 10 minutes at 350°F (175°C).
4. In a large ovenproof pot, heat oil over Medium heat, add garlic and ginger and fry for about 1 minute or until golden brown.
5. Add tomato paste to pan and cook for 2 minutes.
6. Add the tomatoes, water and cashews and bring to a boil.
7. Add yogurt and simmer uncovered for 10 minutes until sauce reduces by about 25%.
8. In blender or food processor, add sauce and puree until smooth. Place back in pan.
9. In a small sauté pan, add fenugreek and toast; about 1 minute. Take off heat and crush leaves with fingers into powder.
10. Add baked chicken to the sauce, with toasted fenugreek, garam masala and salt.
11. Bring to a boil, turn down heat to Low, simmer uncovered and reduce until sauce is slightly thick.
12. Add cream, mix and take off heat immediately.

### TIPS

- 1) This is a recipe from North India where butter (*ghee*), nuts and cream are used in many traditional dishes. In order to reduce the total and saturated fat significantly from the original recipe, yogurt was used to replace most of the cream and the ghee has been eliminated. The amount of nuts was also reduced significantly.
- 2) If cream is necessary for a traditional dish, use lower fat cream like half and half (10%) rather than whipping cream (35%). Add it at the end of the recipe to avoid curdling.
- 3) Use no salt added canned tomatoes so you can control the amount of salt in your dishes. Left over tomatoes from the can be refrigerated and used another day. They last up to 3 days in a sealed container and are a great addition to any curry.
- 4) Pre-made curry powders and mixes can be found in South Asian ethnic stores. They may reduce the number of spices added to a recipe but can have a lot of added salt. It is best to cook curries from homemade spices or spice blends instead of using store bought curry mixes or powders.

# Red Kidney Bean Curry

## (Rajma)

**Preparation time:** 20 minutes

**Cooking time:** 30 minutes

**Makes** 6 servings



### INGREDIENTS

2 tbsp (30 mL) canola oil  
3 cardamom  
2 bay leaves  
1 stick (2 inches/5 cm) cinnamon  
1 tsp (5 mL) turmeric  
1/2 tsp (2 mL) chili powder  
2 cups (500 mL) thinly sliced (lengthwise), onion  
2 tsp (10 mL) minced ginger  
2 tsp (10 mL) minced garlic  
1 can (19oz/540 mL) red kidney beans, drained and rinsed  
3/4 cup (175 mL) no salt added diced canned tomatoes  
1/2 cup (125 mL) water  
1/2 tsp (2 mL) salt

### Nutritional Analysis Per Serving

(1/2 cup)

Calories..... 138  
Fat, total ..... 5 g  
Fat, saturated ..... 0 g  
Cholesterol..... 0 mg  
Carbohydrate ..... 19 g  
Fibre ..... 5 g  
Sodium ..... 399 mg  
Protein ..... 6 g

### Food Choices

Carbohydrate ..... 1/2  
Meat & Alternatives ..... 1/2  
Fat..... 1/2

### METHOD

1. In a medium sauté pan or skillet, heat oil over Medium heat; about 1 minute.
2. Add cardamom, bay leaves, cinnamon, turmeric and chili powder and fry until fragrant; about 1 minute.
3. Add onion and ginger and sauté until onions are golden brown; about 3 minutes.
4. Add garlic and stir.
5. Add red kidney beans, tomatoes, water and salt and stir for 1 minute.
6. Cover and simmer on Low heat for another 10 minutes.

### TIPS

- 1) This is an easy, delicious and hearty recipe from North India that is a great alternative to meat based dishes. Beans and lentils are low in fat, high in fibre and protein. They will not raise blood sugar levels and are great for individuals with prediabetes or diabetes.
- 2) The amount of oil has been cut down from the original recipe. Always heat your pan prior to adding oil to prevent sticking, especially when cooking with less fat. If you find your ingredients are starting to stick to the pan, do not add any more oil. Instead add a tbsp of water to prevent sticking and/or burning. If this continues you may have your stove on too high of a heat so turn it down slightly.
- 3) You can add more cinnamon to this dish if you wish. Cinnamon has been shown in some studies to lower blood sugar levels. Studies are still ongoing but you can certainly add fresh cinnamon to your everyday cooking.



# Red Lentil Curry

## (Masoor Dahl)

**Preparation time:** 30 minutes

**Cooking time:** 30 minutes

**Makes** 6 servings



### INGREDIENTS

4 cups (1 L) water  
1 cup (250 mL) whole or split red lentils (*masoor dahl*), washed and drained  
1 cup (250 mL) diced onion  
1 cup (250 mL) no salt added diced canned tomatoes  
3 cloves garlic, minced  
1 tsp (5 mL) salt  
1/2 tsp (2 mL) turmeric  
1/4 tsp (2 mL) cayenne pepper  
2 tsp (5 mL) freshly squeezed lemon juice  
2 tbsp (30 mL) finely chopped cilantro (optional)

### Optional Onion and Oil Topping (Temper)

1/4 cup (60 mL) thinly sliced (lengthwise) onion  
1-1/2 tsp (7 mL) canola oil

### Nutritional Analysis Per Serving

#### (1 cup)

Calories..... 141  
Fat, total ..... 2 g  
Fat, saturated ..... 0 g  
Cholesterol..... 0 mg  
Carbohydrate ..... 24 g  
Fibre ..... 5 g  
Sodium ..... 304 mg  
Protein ..... 9 g

### Food Choices

Carbohydrate ..... 1  
Meat & Alternatives ..... 1  
Fat..... 1/2

### METHOD

1. In a large saucepan over Medium heat, add water, lentils, onion, tomatoes, garlic, salt, turmeric, and cayenne pepper.
2. Cover and simmer for 20 minutes.
3. In food processor or blender, place cooked lentil mixture and puree until smooth.
4. Pour into serving dish, add lemon juice and mix.
5. In a small sauté pan, over Medium heat, fry sliced onions in oil until brown if tempering.
6. Garnish lentils with cilantro and fried onions and any remaining oil if using.

### TIPS

- 1) In this recipe, the red lentils were pureed to reduce cooking time but you can also cook the lentils longer to get the same smooth texture. You can also use a pressure cooker which will reduce the cooking time and you can omit the step of pureeing lentils after cooking.
- 2) This is a tasty, quick and easy one pot recipe. Lentils are a good source of protein, fibre and do not raise blood sugar levels if you have prediabetes or diabetes. To increase the fibre content, you can also use the whole black *masoor dahl* variety which contains the husk.
- 3) Many South Asian dishes call for a topping or temper (*tarka*) usually made with fried onions and/or spices to increase flavour. This can add a lot of fat to a dish as the ingredients for the topping are usually fried in oil or butter. You can reduce the fat in this recipe even further by omitting the tempering step.

# Okra and Tomato Curry (Bhindi)

**Preparation time:** 20 minutes

**Cooking time:** 20 minutes

**Makes** 7 servings



## INGREDIENTS

- 1 tbsp (15 mL) canola oil
- 2 medium onions, thinly sliced (lengthwise)
- 2 medium tomatoes, peeled and chopped
- 1 tsp (5 mL) red chili flakes
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) turmeric
- 2 lb (1 kg) fresh or frozen okra, sliced and trimmed
- 1/4 cup (60 mL) freshly squeezed lemon juice
- 1 cup (250 mL) water (approx.)
- 1 cup (250 mL) chopped cilantro (approx.)

## Nutritional Analysis Per Serving

(1 cup)

Calories.....	74
Fat, total .....	2 g
Fat, saturated .....	0 g
Cholesterol.....	0 mg
Carbohydrate .....	15 g
Fibre .....	5 g
Sodium .....	349 mg
Protein .....	4 g

## Food Choices

Fat.....	1/2
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## METHOD

1. In a large sauté pan, heat oil over Medium heat. Add onions and cook for about 2 minutes or until soft.
2. Add tomatoes and cook until onions are translucent and tomatoes are soft; about 2 minutes.
3. Add chili flakes, salt and turmeric and stir for 2 minutes.
4. Add okra and mix well, adding 2 tbsp (25 mL) of water if ingredients stick to pan.
5. Add lemon juice and cook for 2 minutes, adding another 2 tbsp of water if sticking.
6. Reserve 2 tbsp (25 mL) cilantro, and add remaining to pan.
7. If using fresh okra, add remaining water and cover and cook up to 15 minutes. Omit adding the rest of the water here if using frozen okra.
8. Garnish with reserved cilantro when okra is tender and remove from heat.

## TIPS

- 1) You can use fresh or frozen pre-sliced okra in this recipe. Use frozen okra when fresh okra is not available or in season. You will need less water to cook the frozen okra in this recipe, as it has been blanched before freezing.
- 2) Okra is a good source of soluble fibre which has shown to decrease LDL (unhealthy) cholesterol and help to maintain blood sugar levels for individuals with prediabetes or diabetes.
- 3) The amount of oil in the recipe has been cut down to make it low fat. If you find your ingredients are starting to stick to the pan, do not add any more oil. Instead add a tbsp of water to prevent sticking and/or burning. If this continues you may have your element on too high of a heat so turn it down slightly.

# Mixed Vegetable Curry with Cheese

## (Paneer Bhurji)

**Preparation time:** 20 minutes

**Cooking time:** 15 minutes

**Makes 8 servings**



### INGREDIENTS

1-1/2 tsp (7 mL) cumin seeds  
 1-1/2 tsp (7 mL) red chili flakes  
 1-1/2 cups (375 mL) diced green cabbage  
 1 cup (250 mL) diced onion  
 1 tbsp (15 mL) canola oil  
 1 tbsp (15 mL) tomato paste  
 3 cloves garlic, minced  
 1 tbsp (15 mL) minced ginger  
 2 tbsp (30 mL) water (optional)  
 1/2 tsp (2 mL) ground fenugreek  
 1/2 tsp (2 mL) turmeric  
 3/4 cup (175 mL) no salt added diced canned tomatoes  
 2 tbsp (30 mL) non-fat yogurt  
 7 cups (1.75 L) fresh spinach, washed and drained  
 1/4 cup (60 mL) frozen green peas  
 1 tsp (5 mL) garam masala  
 1 package (12 oz/350 g) dry pressed cottage cheese (0.5%) or low-fat paneer (see recipe), crumbled  
 1/2 cup (125 mL) drained and rinsed canned navy beans  
 1/4 cup (60 mL) chopped cilantro leaves  
 1/2 tsp (2 mL) salt

### Nutritional Analysis Per Serving (1/2 cup)

Calories..... 101  
 Fat, total ..... 2 g  
 Fat, saturated ..... 1 g  
 Cholesterol..... 3 mg  
 Carbohydrate..... 10 g  
 Fibre ..... 3 g  
 Sodium..... 297 mg  
 Protein ..... 11 g

### Food Choices

Meat & Alternatives ..... 1  
 Extra ..... 1

### METHOD

1. In a large skillet over Medium heat, toast cumin and chili flakes until fragrant; about 1 minute.
2. Add cabbage, onion and oil and sauté until softened; about 3 minutes. Add tomato paste, garlic, ginger and sauté until garlic and ginger are golden; about 2 minutes.
3. Add water if needed to deglaze pan.
4. Add fenugreek and turmeric and cook for 1 minute. Add tomatoes and yogurt, stir and using the liquid from the tomatoes, remove the cooked spices from the bottom of the pan.
5. Add spinach and stir until it wilts.
6. Add peas and garam masala.
7. Cover and simmer on Low heat until liquid has evaporated but is not overly dry; about 5 minutes.
8. Combine cheese, navy beans, cilantro and salt into mixture. And remove from heat.

### TIPS

- 1) The nutritional information for this recipe is calculated using the dry pressed cottage cheese. You can also use homemade low-fat paneer cheese (see recipe) or low-fat tofu.
- 2) If you find your food is starting to stick to the pan, do not add any more oil. Instead add a tbsp of water to prevent the food from continuing to stick and/or burn. If this continues you may have your element on too high of a heat and should try turning it down slightly.
- 3) The amount of potatoes and green peas were adjusted from the original recipe and replaced with other vegetables such as spinach and cabbage. Potatoes and green peas are considered a “starchy” vegetable and can raise blood sugar levels if you have prediabetes or diabetes. You can either replace or cut back on these vegetables to reduce the amount of carbohydrates in this dish.



# Low-Fat Cheese (Paneer)

- 1-1/2 square foot piece of cheesecloth

**Preparation time:** 5 minutes

**Cooking time:** 1 hour

**Makes** 12 servings



## INGREDIENTS

4 L low-fat (1%) milk  
1/2 cup (125 mL) freshly squeezed lemon juice

## Nutritional Analysis Per Serving

(1 oz, cubes)

Calories.....	58
Fat, total .....	2 g
Fat, saturated .....	2 g
Cholesterol.....	9 mg
Carbohydrate .....	1 g
Fibre .....	0 g
Sodium .....	11 mg
Protein .....	8 g

## Food Choices

Meat & Alternatives ..... 1

## METHOD

1. In a large pot over Medium heat, add milk.
2. Bring milk to a boil slowly, stirring occasionally.
3. Add lemon juice.
4. Stir until milk curdles and lumps begin to settle to the bottom of the pot; about 5 minutes.
5. Remove the pot from the stove and let stand for 5 minutes.
6. Place large strainer lined with cheesecloth in a pan or set in sink.
7. Pour curdled milk into lined strainer to drain off liquid.
8. Use cheesecloth to shape curds into a ball, then wrap the cheesecloth around it and place on the bottom of the strainer.
9. Place a heavy pan on the cheesecloth to press out the liquid gently; about 20 minutes.
10. Cut into 1 inch (2.54 cm) cubes.

## TIPS

- 1) *Paneer* is a popular cheese used in many North Indian dishes like *spinach paneer* or *paneer burji*. Regular store bought cheese is made with full fat milk and is high in fat. To keep the fat content low, use 1% milk rather than homogenized (3.25%) milk.
- 2) This is a fresh cheese, so it is best to store in the refrigerator and eat within a few days of making or it can be frozen.
- 3) Making homemade low fat *paneer* does take time but it will be lower in fat, have less additives and no added salt.

# Cucumber Yogurt (Raita)

*Preparation time: 10 minutes*  
*Makes 8 servings*



## INGREDIENTS

2 cups (500 mL) grated English cucumber, skin on  
1 cup (250 mL) non-fat yogurt  
1/2 tsp (2 mL) minced garlic  
1/4 tsp (1 mL) salt  
1/4 tsp (1 mL) cayenne pepper

## Nutritional Analysis Per Serving (1/4 cup)

Calories.....	20
Fat, total .....	0 g
Fat, saturated .....	0 g
Cholesterol.....	1 mg
Carbohydrate .....	3 g
Fibre .....	0 g
Sodium .....	96 mg
Protein .....	2 g

## Food Choices

Extra ..... 1

## METHOD

1. In a bowl combine cucumber, yogurt, garlic, salt and cayenne and mix well. Serve immediately or refrigerate covered until required.

## TIPS

- 1) *Raita* is a traditional yogurt condiment used to accompany South Asian curries and rice. It is a great way to cool off spicy dishes.
- 2) There are many versions of *raita*. In order to add more fibre and flavor to this condiment consider adding more of your favourite vegetables (e.g. tomatoes) or fresh herbs.
- 3) This dish is a great way to increase calcium and vitamin D in the traditional South Asian diet but try to keep the fat low by using non-fat or low-fat dairy products.