

# Cooking Clean with Indian Cuisine

## Cleaned Up Chicken Curry



### INGREDIENTS:

1 lb chicken breast, cut into strips or chunks  
¼ cup nonfat plain greek yogurt  
1 tsp salt  
1 tsp cumin powder  
½ tsp coriander powder  
½ tsp turmeric powder  
¼ tsp chili powder  
¼ nutmeg powder  
¼ tsp cinnamon powder

### For the cooking portion:

½ cup chopped onions  
1 tsp garlic, chopped  
1 tsp ginger, chopped  
1 chopped tomato  
Coriander leaves to top

### DIRECTIONS:

Marinate the chicken in the yogurt and spice mixture for at least 6 to 8 hours. This is key to ensure proper flavor. Heat a nonstick pan on medium heat (spray with Pam) and saute onions, garlic, ginger, and tomatoes. Once cooked, add the chicken and save the marinade. Cook for 3-5 minutes and then add the remaining marinade. Cover pan and cook on a low fire for a few minutes, checking occasionally for doneness. When done, top with coriander leaves.

### NUTRITIONAL INFORMATION PER SERVING:

Calories: 220/serving (makes 3 servings)  
40 g protein  
8 g carbohydrate  
3 g fat

## Extra Lean Ground Turkey Kabobs

### INGREDIENTS:

1 lb extra lean ground turkey (raw)  
½ cup finely chopped onions  
1 TBSP finely chopped garlic  
2 TBSP Lemon Juice  
½ cup chopped fresh coriander  
3-4 green chillies, finely chopped  
¼ tsp ground cardamom powder  
¼ cup finely chopped green onion  
2 tsp ground cumin  
¼ tsp black pepper powder  
¼ tsp nutmeg  
1 eggwhite  
Salt to taste

### DIRECTIONS:

Spray non stick pan with cooking spray (Pam), add garlic and cook for a few minutes, add onion and cook until lightly brown. Add salt, lemon juice, and cook until the juice evaporates, remove from heat and allow to cool. Add the mixture to the raw ground turkey meat, mix in dry spices, add fresh coriander leaves, chillies, green onions, and egg white. Mix well with spatula until all ingredients are mixed well. Form into cocktail size sausage shapes. Cook in a nonstick pan until all sides have cooked thoroughly. Serve with mint chutney (recipe included here) or chilli sauce.

### NUTRITIONAL INFORMATION PER SERVING:

Calories: 34 calories/serving (makes about 20 mini-kabob servings)  
6 g protein  
2 g carbohydrate  
0.3 g fat

## Channa Masala (Chickpea Curry)

### INGREDIENTS:

2 cups of chickpeas, cooked or from can, fully drained  
1 small onion, finely chopped  
1 tablespoon of garlic  
2 tsps of ginger  
2 tsps ground coriander

3 small tomatoes chopped  
3 TBSPs tomato paste (no added salt)  
1 tsp cumin seeds  
½ tsp garam masala  
½ tsp black pepper  
1 tsp cinnamon powder  
1 tsp turmeric  
1 chopped green chili pepper (for an added kick)  
salt to taste  
½ cup coriander leaves for garnish

#### DIRECTIONS:

Heat a large nonstick pot on medium heat (spray with Pam) and saute cumin seeds until lightly browned. Next, add the onions, ginger, and garlic and saute for a few minutes. Lower the flame and add all dry spices, and continue stirring. Add the 1 cup of water, tomato paste, chickpeas, increase the fire/heat to high, and bring to a boil. Add green chili and lemon juice. Lower flame to medium, cover, and let cook for about 15 minutes, until chickpeas have softened. When done, garnish with coriander leaves and fresh chopped tomatoes.

#### NUTRITIONAL INFORMATION PER SERVING:

Calories: 175 calories/serving (makes 4 servings)  
8.75 g protein  
32 g carbohydrate  
2.5 g fat

## **Tandoori Chicken (Indian BBQ)**

#### INGREDIENTS:

4 chicken breasts  
2 teaspoons garlic  
2 teaspoons of ginger  
2 TBSP Lemon Juice  
½ teaspoon ground coriander  
¼ tsp red chilli powder  
1 green chilli, finely chopped  
1 teaspoon cumin  
½ teaspoon garam masala  
¼ tsp black pepper powder  
¼ tsp mango powder, optional  
½ cup of fat free plain yogurt  
Salt to taste

#### DIRECTIONS:

Combine all ingredients except chicken and make into a creamy marinade. Make small slits in the the chicken breast and then rub marinade into chicken and let marinate overnight (or for at least 4 hours). Spray grill with non stick spray and grill chicken, using marinade to baste chicken on both sides and until fully cooked. Serve with Mint Chutney or Cucumber Raita (Recipes included here).

#### NUTRITIONAL INFORMATION PER SERVING:

Calories: 160 calories/serving (makes 4 servings)  
28.8 g protein  
8 g carbohydrate  
2 g fat

## **Cleaned Up Cauliflower Curry**

#### INGREDIENTS:

1.5 lbs of cauliflower cut up into flowerettes  
1 small onion, finely chopped  
2 medium ripe tomatoes, chopped into small pieces  
1 tsp cumin powder  
½ tsp cumin seeds  
½ tsp black pepper  
½ tsp turmeric powder  
1 chopped green chili pepper (for an added kick)  
salt to taste  
½ cup coriander leaves for garnish

#### DIRECTIONS:

Heat a large nonstick pot on medium heat (spray with Pam) and saute cumin seeds until lightly browned. Next, add the onions and ginger and saute for a few minutes. Add the cauliflower, put the fire/heat on high, and brown lightly. Add turmeric, salt, green chili, black pepper. Add tomatoes, cover pan and cook on low heat for a few minutes, until cauliflower has softened . When done, sprinkle cumin powder on top and garnish with coriander leaves.

#### NUTRITIONAL INFORMATION PER SERVING:

Calories: 45 calories/serving (makes 6 servings)  
2.5 g protein  
8.5 g carbohydrate  
0.35 g fat

## Curried Zucchini

### INGREDIENTS:

2 lbs of Zucchini cut into 1 inch rounds, halved  
4 cloves of garlic, sliced  
½ tsp paprika powder  
½ tsp chili powder  
½ tsp coriander powder  
½ tsp turmeric powder  
salt to taste  
½ cup coriander leaves for garnish

### DIRECTIONS:

Heat a nonstick pan on medium heat (spray with Pam) and add chopped garlic until lightly browned. Add the zucchini, and all the spices (except paprika), and cook on a high heat until tender (about 5 to 10 minutes). When done, sprinkle paprika powder on top and garnish with coriander leaves.

### NUTRITIONAL INFORMATION PER SERVING:

Calories: 39 calories/serving (makes 4 servings)  
2 g protein  
8 g carbohydrate  
0 g fat

## Low Calorie Mint Chutney (Serve with grilled chicken or try in sandwiches)

### INGREDIENTS:

1 cup mint leaves, stems removed, tightly packed inside measuring cup  
Green chili, for added heat, seeds removed (optional to add)  
salt to taste  
1 teaspoon xylitol/stevia/splenda/calorie-free sweetener  
4 TBSPs of fresh Lemon juice or from bottle

### DIRECTIONS:

Blend all ingredients in a blender/food processor until it reaches a pasty consistency. Jar and refrigerate unused portion.

NUTRITIONAL INFORMATION PER SERVING:

Calories per 1 Tbsp Serving: 3 calories/serving (makes 8 servings)

0 g protein

.75 g carbohydrate

0 g fat

## **High Protein Cucumber Raita (Yogurt Garnish)**

INGREDIENTS:

1 cup nonfat greek yogurt

½ cup chopped cilantro

1 green chili, chopped

2 cloves garlic, chopped

1 tsp black pepper

1 cup of fresh chopped cucumber

1 teaspoon cumin seeds

¼ teaspoon paprika

DIRECTIONS:

Blend the cilantro, chili and garlic together. Add the yogurt and beat to a smooth consistency. Add remaining ingredients (except paprika) and gently fold in. Cover and chill until ready to serve. Sprinkle with paprika before serving.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 29 calories/serving (makes 4 servings)

4.7 g protein

2.45 g carbohydrate

0 g fat

## **Fat Free Gajar Halwa (Sweet Carrot Dessert)**

INGREDIENTS:

2 lbs of finely grated carrot

15 oz Fat Free Ricotta Cheese

1 TBSP Cardamom powder

¼ cup sliced almonds

3-5 Teaspoons of xylitol/stevia/splenda/calorie-free sweetener

#### DIRECTIONS:

Cook grated carrots in a large saucepan with the ricotta cheese on a high flame for 10 minutes, stirring periodically. Lower the heat, cover, and cook for 30 minutes until carrots glisten and the liquid has evaporated. Add cardamom powder and sweetener. Garnish with almonds.

#### NUTRITIONAL INFORMATION PER SERVING:

Calories: 45 calories/serving (makes 8 servings)

2.5 g protein

8.5 g carbohydrate

0.35 g fat

## **Mango Lassi (Sweet Yogurt and Mango Shake)**

#### INGREDIENTS:

½ cup Fresh or frozen mango

½ cup non fat greek yogurt

¾ cup water

xylitol/stevia/splenda/calorie-free sweetener to taste

1/8 tsp vanilla extract

1 cup crushed ice

#### DIRECTIONS:

Blend all ingredients in a blender and serve immediately.

#### NUTRITIONAL INFORMATION PER SERVING:

Calories: 100 calories/serving (makes 1 serving)

9 g protein

17 g carbohydrate

0.22 g fat

Contributed By Sumi Singh, with input from her mom, who can throw down in the kitchen. More information at: [www.shailafitness.com](http://www.shailafitness.com) or email me at [sumi@shailafitness.com](mailto:sumi@shailafitness.com) to sign up for more recipes and free tips.