

Healthy Recipes



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Information provided by:

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Sehat smoothies

serving size: 1 smoothie

Fruity oatmeal

- 1 cup milk
- ½ cup frozen mixed berries
- 2 tbsp rolled oats

Berry sunrise

- 1 cup milk
- 1 medium banana
- ½ cup fresh or frozen strawberries

Peanut bananza

- 1 cup milk
- ½ frozen banana
- 1 tbsp natural peanut butter

Sweet greens

- 1 cup milk
- ½ cup frozen raspberries
- ½ cup spinach or kale

Directions: In a blender, combine all ingredients and blend until smooth.

Sehat dalia

serving size: 1 bowl

Ingredients

- ¼ cup dalia
- ¼ cup water
- ½ apple, chopped (or fruit of choice)
- ½ tsp cinnamon
- ½ cup milk or unsweetened soy beverage

Directions

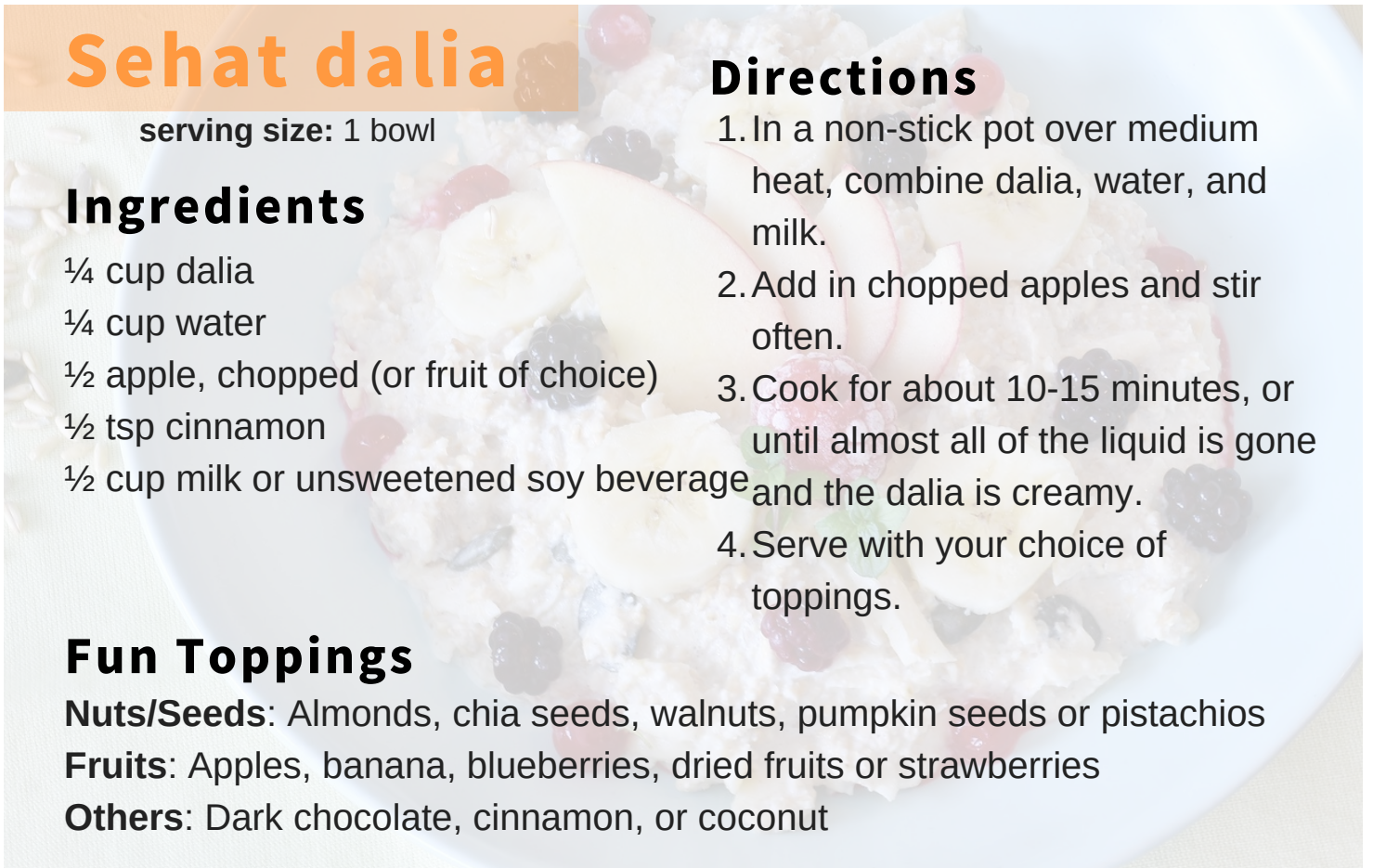
1. In a non-stick pot over medium heat, combine dalia, water, and milk.
2. Add in chopped apples and stir often.
3. Cook for about 10-15 minutes, or until almost all of the liquid is gone and the dalia is creamy.
4. Serve with your choice of toppings.

Fun Toppings

Nuts/Seeds: Almonds, chia seeds, walnuts, pumpkin seeds or pistachios

Fruits: Apples, banana, blueberries, dried fruits or strawberries

Others: Dark chocolate, cinnamon, or coconut



Parfait

serving size: 1 parfait

Ingredients

- ¾ cup plain greek yogurt
- ¼ cup granola or whole grain cereal
- ¼ cup fresh or frozen mixed berries



Directions

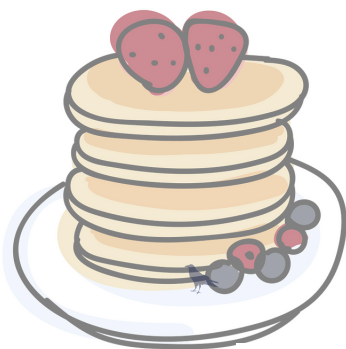
To make parfait, layer yogurt with the berries and top with granola or whole grain cereal.

Sehat pancakes

serving size: 2-4 inch pancakes

Ingredients

- 1 cup Buttermilk Pancake Mix
- 2/3 cup 2% Milk
- 2 tbsp Ground Flaxseed
- Cooking Spray



Directions

1. In a bowl, mix pancake flour with milk and flaxseed.
2. Combine until slightly lumpy being careful not to overmix. Let batter rest for 5 minutes.
3. Heat skillet or non-stick pan over medium heat. If needed, lightly oil the surface with cooking spray.
4. Scoop ¼ cup of the mixture onto the warm skillet.
5. Cook for 2 to 3 minutes until small bubbles form on the pancake surface.
6. Flip and cook on the other side for 1 to 2 minutes or until golden brown.
7. Serve hot and with fruit.

Sehat quinoa salad

serving size: 1 cup

Ingredients for salad

- 1 cup uncooked quinoa
- 2 cups water
- 1 can (15 ounces) chickpeas drained and rinsed, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- 1 small red onion, chopped
- 1 cup finely chopped fresh cilantro
- Black pepper, to taste
- 1/4 cup crumbled feta cheese

Ingredients for dressing

- 1/4 cup olive oil
- 1/4 cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, minced

Directions

To cook the quinoa:

1. Combine the rinsed quinoa and the water in a medium sauce pan.
2. Bring the mixture to a boil over medium-high heat, then decrease the heat to simmer
3. Cook for about 15 minutes or until the water is gone.
4. Remove from heat, cover pan, and let the quinoa rest for 5 minutes, to give it time to fluff up.

To put the salad together:

1. In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion, and cilantro, then set aside.
2. In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar and garlic.
3. Once quinoa has cooled, add it to the serving bowl, and drizzle the dressing on top.
4. Season with black pepper, to taste. For best flavour, let the salad rest for 5 to 10 minutes before serving.
5. Be sure to mix well. Top with feta cheese.



Sehat pranthe

serving size: 1 prantha

Ingredients for dough

1.5 cups whole wheat flour
Water to knead the dough

Ingredients for filling

1 ¼ cup broccoli, grated
¾ cup cauliflower, grated
½ tsp amchoor (dry mango) powder
1 tsp coriander powder
½ tsp red chili powder
½ tsp ajwain or carom seeds
1 small onion, diced
1 green chili, chopped
2 tbsp methi leaves
½ tsp ginger, grated
1 garlic clove, minced
1 tbsp oil such as avocado or canola oil



Scan here to see this recipe video.



Directions

1. In a bowl add flour and slowly add water to knead dough into a medium soft dough. It is likely you will not need the full amount of water.
2. Divide the dough into equal sized balls. Lightly flour a clean surface and roll each ball out into a circle that is about 3 inches.
3. Place approximately 1 ½ tablespoons of the masala keema (a combination of all the ingredients) in the center dough and fold the edges over to cover the filling completely.
4. Gently press to seal.
5. Roll the dough out in a circle of about 6 inches.
6. Repeat for all dough balls.
7. Place parantha onto a heated griddle.
8. Once it starts to puff up, flip onto the other side.
9. Place a small amount of oil and cook from both sides until golden brown.

Additional filling options:

Avocado, lentils, tofu, chickpeas, spinach, kale, shredded vegetables including daikon, carrots or beets. You can even add leftover sabji.

Garlicky tofu stir-fry

serving size: 1 cup

Ingredients for the stir-fry

- 1 pound extra firm tofu
- 2 garlic cloves, peeled and minced
- 2 inch (5 cm) piece of ginger root, grated
- 3 cups broccoli, roughly chopped
- 2 cups shredded carrot
- 2 cups green bell pepper, chopped
- 1 medium yellow onion, chopped

Ingredients for the garlic stir fry sauce

- 1 tbsp low sodium soy sauce
- 2 tbsp lemon juice
- ½ cup no salt added vegetable broth or homemade broth.
- ½ tbsp corn starch
- 1 tbsp olive oil
- Cilantro (optional)

Directions

1. In a small bowl, whisk all sauce ingredients together and set aside.
2. Heat wok or a large skillet over medium-high heat.
3. Add oil and swirl to coat wok.
4. Sauté onions, garlic, ginger, and tofu for about 10 minutes, or until tofu turns light brown.
5. Add broccoli, carrots, and green bell pepper. Sauté for about 5 minutes.
6. Stir in sauce mixture and cook for a full 3 minutes to allow the corn starch to thicken the sauce.
7. Once cooked, garnish with cilantro if desired.

Tip: To complete your meal, serve your stir fry on top of brown rice, whole grain spaghetti noodles or quinoa. Prepare this recipe in bulk on the weekend and enjoy lunch for the next week. Store leftovers in the fridge.

Note: Stir fry sauce is not spicy.

Sehat pizza

serving size: 1 naan pizza

Ingredients

1 whole wheat pita or whole wheat naan
1 ½ tbsp tomato sauce
1 tsp Italian herb blend
½ cup mozzarella or marble cheese, shredded

Choose at least 2 Toppings

Mushrooms, sliced
Tomato, sliced
Spinach, shredded
Green pepper, cut up
Onions, diced
Pineapple, cut up

Directions

1. Preheat oven to 350°F.
2. Place whole wheat pita or whole wheat naan on to a baking sheet.
3. Spread tomato sauce on top.
4. Sprinkle with Italian herb blend.
5. Top with your choice of pizza toppings and cheese.
6. Bake for 10-12 minutes, or until cheese melts. Enjoy!



Sehat chaat

serving size: 1 cup

Ingredients

1 small green chilli, minced
1 ½ cups chopped roma tomatoes
1 cup chopped cucumber
1 chopped bell pepper (any colour)
1 cup mint leaves, finely chopped
½ cup drained and rinsed canned chickpeas
½ cup minced onion
2 tsp freshly squeezed lemon juice
¼ tsp salt and pepper

Directions

Combine all ingredients in a large bowl and enjoy!

Fun Tip

Add a pinch of chaat masala and a splash of lemon juice and dahi

Scan here to see this recipe video.



Sehat biryani

serving size: 1 cup

Ingredients

3 tbsp ghee	1 cup cauliflower florets
1 yellow onion cut into 1/2-inch dice	2 tsp Kosher salt
1 tbsp garlic, minced	1/4 tsp cayenne pepper
1 tbsp ginger, minced	1/2 tsp black pepper
1 tomato, minced finely	2 tsp garam masala
1/2 cup water	1 tsp coriander
1/2 cup peas	1/2 tsp ground turmeric
1 carrot, sliced	1 tsp cumin
2 potatoes, peeled and chopped	1/2 tsp cinnamon
1 green bell pepper, sliced	4 cups vegetable broth
	2 cups basmati rice, rinsed and drained

Directions

1. Add ghee in a large pot over medium-high heat.
2. Add the onion, and cook until translucent, about 3-4 minutes.
3. Stir in garlic, ginger, tomatoes, and 1/2 cup water.
4. Bring to a simmer, and cook until the water is gone, about 10 minutes.
5. Add in the peas, carrot, potato, bell pepper, and cauliflower and stir well.
6. Add in the salt, cayenne, black pepper, garam masala, turmeric, cumin and cinnamon, stirring well.
7. Add in the vegetable broth and bring to a boil.
8. Rinse basmati rice.
9. Add in the basmati rice, reduce to low heat and cook (covered) for 18-20 minutes.
10. Turn off the heat and let sit, covered, for five minutes before opening and serving

Tips:

- Add your choice of protein (chicken, tofu, etc.)
- Enjoy with raita (yogurt)

Quinoa burrito bowls

serving size: 1 cup

Ingredients

1 teaspoon extra-virgin olive oil
1/2 red onion , diced
1 bell pepper , diced
1/2 teaspoon salt
1 1/2 cups cooked black beans , or 1 (15 oz.) can, drained and rinsed

1 teaspoon ground cumin
1 cup quinoa or rice , rinsed well
1 cup prepared salsa
1 cup water

Optional toppings: Avocado , guacamole, fresh cilantro, green onions, salsa, lime wedges, shredded lettuce

Directions

1. You can heat everything in a covered pot over the stove. Simply bring everything to a boil in a large pot over high heat, then lower the heat and cover to steam until the quinoa/rice is tender and the liquid is absorbed, about 15 minutes.
2. Remove the lid and fluff with a fork before serving with your favorite toppings.



Whole-wheat veggie wrap

serving size: 1 wrap

Ingredients

1 whole wheat tortilla
2 tablespoons hummus
2 tablespoons shredded cheddar cheese
1 cup sliced fresh vegetables of your choice

Directions

1. Lay tortilla flat on the counter.
2. Spread hummus evenly onto the tortilla.
3. Add your choice of vegetables and sprinkle with cheese.
4. Roll the bottom of the tortilla over the top, tuck each of the ends in tightly and continue rolling.
5. Cut the wraps in halves and serve.

Choose at least two of the following vegetables:

- Chopped cucumbers
- Chopped bell peppers
- Lettuce
- Shredded carrots
- Chopped tomatoes
- Mashed avocado

Scan here to see this recipe video.



Sehat soup

serving size: 1 cup

Ingredients

8 cups water or low sodium vegetable or bone broth
1 tbsp olive oil, extra virgin
1 medium onion, chopped
3 large garlic cloves, minced
2 carrots, shredded
2 celery stock, diced
15 oz can diced tomatoes, low sodium
½ cup quinoa, uncooked
1 large potato, cubed
1 ½ tsp salt
1 tsp, dried basil
1 cup corn
¼ tsp black pepper
1/3 cup parsley, chopped



Directions

1. Heat a large skillet on medium heat and add oil.
2. Add onions and garlic. Saute until translucent, stirring occasionally.
3. Add in carrots and celery and cook for about 5 minutes, be sure to stir occasionally.
4. Transfer mixture to a large pot, add in the water or vegetable broth, diced tomatoes, quinoa, potatoes, salt, and bring to boil on high heat.
5. Once the mixture has boiled, reduce heat to low, cover pot, and cook for about 15 minutes.
6. Turn off heat. Stir in corn, basil, and black pepper.

Key to this recipe is to use vegetables you already have in your kitchen.

Banana bread

serving size: one 1 inch slice

Ingredients

1 $\frac{3}{4}$ cup whole wheat flour
 $\frac{1}{3}$ cup vegetable oil such as olive oil
 $\frac{1}{2}$ cup honey
2 eggs / flax eggs
2 large ripe bananas, peeled and mashed



$\frac{1}{4}$ cup milk
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup chopped walnuts (optional)

Directions

1. Preheat oven to 325°F and grease a 9 x 5-inch loaf pan.
2. In a large bowl, whisk together the oil and honey.
3. Add in eggs and mix well.
4. Add in the mashed banana and milk.
5. Mix in baking soda, vanilla, salt, and cinnamon.
6. Slowly fold in flour and mix.
7. If desired, add in walnuts until combined.
8. Pour mixture into loaf pan.
9. Bake for 60 minutes or until a toothpick inserted into the center comes out clean.

Protein pinni

Makes about 24 pinnis

Ingredients

1 cup oatmeal
 $\frac{2}{3}$ cup unsweetened coconut flakes
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{4}$ cup ground flaxseed
 $\frac{1}{4}$ cup hemp seeds
 $\frac{1}{3}$ cup honey
1 tbsp chia seeds
1 tsp vanilla extract

Scan here to see this recipe video.



Directions

1. Combine all ingredients together and let it set in the fridge for $\frac{1}{2}$ hour.
2. Roll into small balls (about 1-inch size).
3. Store in an airtight container in the fridge.

Hummus

serving size: 2 tbsp



Ingredients

14oz. canned chickpeas
6 tbsp. tahini
1 lemon
6 cubes of ice
2 garlic cloves
2 tbsp extra virgin olive oil
1/2 tsp. salt

To garnish:
ground sumac
ground cumin
2-3 tbsp. extra virgin olive oil
parsley

Directions

1. To peel the chickpeas, fill a large bowl with water and wait for the skin to start to float. Drain the water and separate the chickpeas and skins.
2. Add the chickpeas, garlic, salt, tahini and extra virgin olive oil into your food processor. Blend until you get a fine paste.
3. Squeeze lemon juice into the food processor and run the processor for 7 to 8 minutes on low-medium speed.
4. To avoid the hummus heating up in the food processor, gradually add ice cubes as needed.
5. Run the food processor until the hummus is creamy. Try high speed, if necessary.
6. Taste and adjust the hummus to your taste. Add more lemon, garlic or tahini, as required.
7. To **garnish**: Sprinkle with your choice of sumac, cumin and parsley leaves. Pour 2-3 tbsp of extra virgin olive oil.

Fun tip:

Enjoy your hummus with pita chips, vegetables, or use it as a spread on a wrap or sandwich

Flax carrot apple muffins

serving size: 1 muffin

Ingredients

1 1/2 cup flour, whole wheat	2 cup grated carrot
3/4 cup flaxseed, ground	2 cup, grated apple
3/4 cup oats, dry	3/4 cup milk
1/2 cup brown sugar	2 large egg / flax eggs
2 teaspoon baking soda	1 teaspoon vanilla extract
1 teaspoon baking powder	1 cup cranberries, dried
2 teaspoon cinnamon	

Directions

1. Make oat flour by grinding oats in blender. Grate or puree carrots (will need two cups). Grate apples.
2. Combine dry ingredients.
3. In a separate bowl, mix milk, eggs, vanilla. Add to dry ingredients just until moistened.
4. Stir in cranberries.
5. Fill muffin papers.
6. Bake at 350 for 10 minutes (mini muffins) or 15 minutes, large muffins.

Gajar halwa ladoos

serving size: 2 ladoos

Ingredients

1 tbsp butter or ghee	2 tbsp sugar
1/2 tsp ground cardamom	4 tbsp coconut (plus extra for rolling)
2 cups grated carrot	2 tbsp almonds, grated
1/2 tsp grated ginger	1/4 cup skim milk powder

Directions

1. In a non stick pot add butter and melt.
2. Add cardamom and cook until fragrant.
3. Add carrots and cook until soft.
4. Add ginger, sugar, coconut, and grated almonds.
5. Continue to cook for 3-5 minutes.
6. Remove pot from heat and add skim milk powder.
7. Form 12 balls and roll in coconut.



Sehat dhokla

serving size: 1 piece (~58g)

Ingredients for dhokla

1 cup besan
1 tsp suji
1 tsp ginger + green chilli paste
1 tsp salt
1/2 lemon (juiced)
1 tsp turmeric powder
2 tbsp curd
1 cup water
1 tsp fruit salt

Ingredients for tadka

2 tsp oil
1 tsp mustard seeds
15-20 curry leaves
2 green chillies
1 tsp sesame seeds
1 cup water, grated
Coconut flakes and cilantro for garnish

Directions for dhokla

1. Add besan, sooji and ginger + green chili paste into a large bowl.
2. Mix them thoroughly. Add salt and lemon juice and mix again.
3. Add turmeric powder and curd to the mix and whisk thoroughly.
4. Pour some water in the bowl and whisk thoroughly to make a thick batter of the mix.
5. Put fruit salt in the batter and mix some more.
6. Transfer the batter to a microwave-friendly container and microwave it on high power for 6-8 minutes.

Directions for tadka

1. In a hot oil pan, put mustard seeds.
2. Saute a little and add curry leaves and green chillies. Saute well.
3. Add sesame seeds and some water. Mix them well.
4. Pour the tadka over the now cooked dhokla.
5. Garnish with coconut flakes and cilantro.
6. Cut the dish into the desired size and serve!

Sehat chocolate chip cookies

*makes 16 cookies



Ingredients

- 1 cup + 2 tablespoons all purpose flour (Maida)
- ½ teaspoon baking soda
- a pinch salt , skip it if using salted butter
- 1 stick or ½ cup unsalted butter, soften to room temperature
- ¼ cup white granulated sugar
- ¼ cup light brown sugar
- ½ teaspoon pure vanilla extract
- 2 tablespoons milk
- ½ cup chocolate chips

Directions

1. Preheat the oven to 350°F or 180°C for at least 10 minutes.
2. Line a cookie sheet with parchment paper or just spray with nonstick spray.
3. Take dry ingredients (all-purpose flour, salt, and baking soda) in a bowl. Whisk it until they are incorporated and keep it aside.
4. Take soften butter in another bowl. Beat it with wire whisk or by electric mixer till it becomes creamy and smooth.
5. Then add both sugars (granulated and brown sugar). Again beat till it becomes fluffy (about 2 minutes).
6. Then add vanilla extract and milk. Whisk till it gets incorporated.
7. Add dry ingredients. Mix it until incorporated.
8. Add chocolate chips. And fold them in.
9. If the dough looks soft and sticky than chill it into the refrigerator for about 30 minutes.
10. Now make 1-inch size balls from chilled cookie dough. Place on the cookie sheet a few inches apart from each other, because they will spread as bake. Flatten it slightly using back of glass or bowl or use your fingers.
11. Bake them for 10-12 minutes in preheated oven or until the edges are become golden brown.
12. Let it cool into the sheet for 5 minutes. After that, remove it to the cooling rack to cool completely.

Sheer khurma

serving size: 3/4 cup

Ingredients

1 tbsp ghee	1/2 cup vermicelli, crushed
1/2 cup dried dates, soaked 1 hour	1L 2% milk
8-10 cashews	1/4 cup sugar
8-10 pistachios	1/2 tsp cardamom seeds
8-10 almonds, soaked & peeled	1 tsp kewra water

Directions

1. In a pot, add milk, sugar and cardamom seeds. Mix well and bring it to boil. Cook until milk is 1/4 reduced and keep stirring in between.
2. In frying pan, add ghee and let it melt. Add dry dates and fry for 1 minute.
3. Add cashews, pistachio and almonds. Fry for 1-2 minutes and set aside.
4. In frying pan, add ghee and let it melt. Add vermicelli and fry until golden brown (2-3 minutes) and set aside.
5. In milk mixture, add fried vermicelli, mix well and cook on low flame for 3-4 minutes.
6. Add fried nuts. Mix and simmer for 8-10 minutes.
7. Add kewra water and mix well.



How to make a flax egg

Egg substitute

*equivalent to 2 eggs

Ingredients

- 2 Tbsp flaxseed meal (ground raw flaxseed)
- 5 Tbsp water

TIP: Use this egg substitute with the banana bread and flax carrot apple muffin recipes in this booklet!

Directions

1. Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 2 eggs (as original recipe is written).

Roasted masala chickpeas

serving size: 1/2 cup

Ingredients

- 1 can (540 mL) no-salt-added chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- 1 tsp garam masala



Directions

1. Preheat oven to 350°F.
2. Combine chickpeas, olive oil, garlic powder, paprika, and garam masala and mix well.
3. Evenly spread chickpeas onto a non stick baking sheet and bake for about 45 minutes or until chickpeas are crisp.
4. Stir chickpeas occasionally.

Sehat popsicles

serving size: 1 popsicle

Ingredients

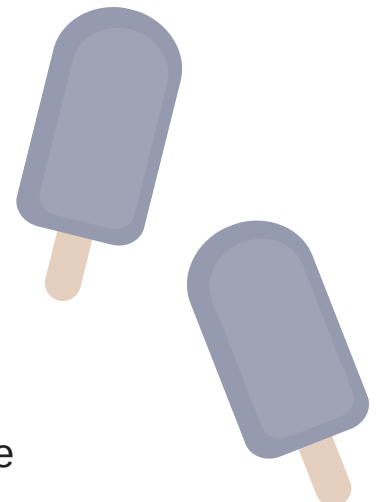
- 2 cups vanilla greek yogurt
- 2 tbsp. honey
- 2 cups blueberries

Supplies Needed:

- 1) Popsicle mold
- 2) Wooden popsicle sticks (6)

Directions

1. Blend the blueberries until they have a smoothie consistency.
2. Pour the blueberry liquid into a bowl.
3. Stir in honey.
4. Add the yogurt and mix everything together.
5. Pour mixture evenly into each popsicle mold.
6. Freeze for 2 hrs and add a wooden stick in the middle of each popsicle.
7. Continue to freeze for another 4-6 hrs or overnight.



Quick tip

Eating balanced meals is the easiest way to eat a variety of foods to get the nutrients you need for a healthy body.

Have plenty of
vegetables and fruits

Eat protein
foods

Make water
your drink of
choice



Choose whole
grain foods



Scan the QR code with your phone to provide feedback on the recipes.

Information provided by:

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