

No veggies? Here's a solution

Dieticians share tips to manage your daily meals minus the currently high-priced *sabzis*



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It was more than just proverbial Monday blues for Mumbaikars as the city woke up to the dreary news of continued high cost of veggies owing to the farmers' strike across the state. The impasse has resulted in a steep rise in vegetable prices in retail markets. While hardcore vegetarians opted to stay on a dal-rice diet, others had no choice but to buy veggies at these astronomical rates. If you have been as affected, help is here. BT spoke to a few dieticians and chefs to come up with alternatives to eating vegetables...

NOW IS THE TIME TO CHILL WITH CURD RICE

Consultant nutritionist Niti Desai says pulao and rice with curd can be of immense help at this time. She says, "The curd offers protein and rice has carbs, so it's a good combination. Curd is one of the richest sources of calcium and a very good source of vitamins B12 and D. It also has a cooling effect on the system. Remember to use par boiled rice to make your dish healthier. Sprinkle molgopudi powder (gun powder) and saute with curry leaves and red chilli. Moong dal khichdi is a one-pot meal in itself and can be had with hot kadhi. Another quick-fix that is also nutritious is dalia, made of broken and unpolished wheat. Just add a little salt, turmeric, chilli powder and a dash of garam masala. Add tadka and pressure cook. Another alter-



native to veg pulao is paneer or tofu pulao."

YES, YOU CAN HAVE A HEALTHY MEAL MINUS VEGETABLES

Nutritional consultant Tripti Gupta says there are dishes other than khichdis that can be tasty and healthy. She adds, "When you eat a combination of cereal and pulse, it gives the perfect amino acid balance, which is otherwise missing in a veggie diet. For instance, prepare soya keema paratha, which can be had with curd or dal."

Like South Indian fare? Tripti suggests idli-sambar (made with sambar masala and dal) or idli-rasam. Another good idea for a working lunch is ussal pao, made of pulses, which is also quite affordable. Tripti shares some snacking ideas as well. "Try boiled chana chaat (green or



MORINGA POWDER REPLACES NUTRIENTS THAT VEGGIES OFFER

You may not have heard much about this lesser-known ingredient, but moringa powder is actually one of the most helpful items to have in the kitchen, says dietician Sheela Tanna. Sharing a few tips, she says, "Aduna moringa powder is made from naturally-dried moringa leaves. It has a delicious, spinachy flavour and is highly organic. Our bodies can absorb the benefits more easily. What's more, it's also easily available in the market and is not so expensive. So, if you cannot have vegetables now, just add this powder to your curd, buttermilk or green tea, which will replenish the vitamins and minerals that you get from vegetables. It is extremely high in B-12. It is, thus, useful for arthritic patients."



MORINGA HAS...

- 25 per cent plant protein, including all nine essential amino acids
- 31 per cent fibre
- Iron, calcium and magnesium in abundance
- High dose of vitamins A, K and E
- A lot of antioxidants

One tbsp moringa powder provides nutrients that one kilo of vegetables has. You can mix a tsp of moringa powder to your buttermilk or green tea.