

APPLE HALWA

By, Pooja Yadav

Dietician, Nephroplus

Apple Halwa is a simple and calorie dense recipe. You can also add kidney friendly supplement to make it rich in protein.



Serving Size-1 bowl

Portion Size: 2 bowl

Ingredients-

- Apple-200gm
- Milk(cow)-1/2 cups (70 ml)
- Almonds -5 in no 5 gm
- Cinnamon-2gm
- Brown Sugar-1tbsp (15gm)

Preparation

- Firstly Peel & cut or grate the apple and add them to a pre heated pan.
- Add the milk or sugar in to the pan and mix it properly. Cook for the 15-20 minutes on low flame till it thickens. Add cinnamon powder and chopped almonds.
- Apple Halwa is ready to serve.

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
107.49Kcal	1.99gm	10.48mg	178.03mg	57.12mg

Note: Once the Apple Halwa is taken down from heat, you may add kidney friendly protein supplement to make it protein rich.

BALUSHAHI/BADUSHA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 10
Serving Size – 1

Ingredients: -

for dough:

- 250 gm Maida/All Purpose flour
- ½ tsp Sugar
- ½ tsp Baking Powder
- 50 gm Ghee
- Water for kneading
- 50 gm curd
- Oil for deep frying

for sugar syrup:

- 250 gm sugar
- ½ cup water
- Few strands of saffron/kesar
- ¼ tsp elaichi powder

Preparation:

- In a large mixing bowl take 1½ cup maida, add ½ tsp sugar, ½ tsp baking powder and combine well.
- Now, add ¼ cup ghee and crumble the mixture. Further add ¼ cup curd and add ¼ cup water and start to make a dough without kneading. The dough should just come together. DO NOT make it like a chapathi dough.
- Cover with moist cloth and rest the dough for 15 min.
- Make the sugar syrup till then by boiling sugar and water in a vessel till one string consistence. Add kesar and elaichi after switching off the stove.
- Knead the dough gently after 15 min.
- Take a small ball of the dough and make it into a round ball. Make a dent at the center with the help of your thumb.
- Heat oil in a kadhai and fry the dough balls in medium hot oil on low flame till light golden brown on both sides. Drop them into the warm sugar syrup immediately and coat the badusha on both sides with sugar syrup and keep them for 5 minutes.
- Remove the badusha from the sugar syrup and serve warm. You can decorate them with pista and badam slices on top.

NUTRITIVE VALUE FOR ONE SERVING

Calories	412.2Kcal
Protein	2.7 gm
Sodium	26.3 mg
Potassium	43.5 mg
Phosphorus	32.4 mg

BEETROOT PARATHA

*Dr.Apeksha Ekbote,
Ph.D,RD,CDE
Chief Dietitian*



Portions – 4

Serving Size – 2

Ingredients:-

- ½ cup Beetroot (grated)
- 1 cup Wheat Flour
- ½ tsp red chilli powder
- ¼ tsp cumin
- ¼ tsp turmeric powder
- ¼ tsp garam masala
- ½ tsp coriander powder
- 0.5gm salt/as directed by the dietician
- Oil for roasting
- Water for kneading the dough

Preparation:-

-
- In a large mixing bowl take wheat flour and add the grated beetroot and mix well
 - Add all the spices (chilli powder,cumin seeds,coriander powder,garam masala, turmeric powder) and salt. Mix well
 - Add little by little water and mix it like a chapathi dough but don't make it too soft as beetroot may lose water.
 - Grease the dough with a little oil and set aside for 30 minutes
 - Take a small portion of the dough and roll it like a chapathi with 1 inch thickness.
 - Heat a tava and roast the paratha by greasing oil on both sides till done.

- Serve hot with Cucumber Raitha/ Hung curd/ Shrikhand
-

NUTRITIVE VALUE FOR RECOMMENDED SERVING

Calories	208.5 Kcal
Protein	4.3 gm
Sodium	141 mg
Potassium	272.7 mg
Phosphorus	115.4 mg

Note: The potassium of this recipe can be reduced by leaching the beetroot after grating

BHARWAN KARELA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

A Punjabi delicacy which can be eaten as a side dish or with rotis



Portions – 6

Serving Size - 1

Ingredients:-

- Karelas/Bitter gourd-6 (1 karela approx.70gms)
 - Salt-1/4tsp or as per dieticians advice
 - For The masala – ½ tsp. Turmeric powder, ½ tsp. ginger powder, 1tbsp coriander powder, ½ tsp. chilli powder, a pinch of hing or asafoetida, 1tsp roasted fennel seed coarsely powdered, 1/2 tsp. roasted fenugreek seed coarsely powdered
 - Refined oil 1-2 tbsp.
-

Preparation:-

- Scrape off the rough surface of the bitter gourd, slit length wise on one side, rub over with salt and keep aside for about 30 minutes
 - Squeeze the bitter gourd to remove the bitter juice and scoop out the hard seeds
 - Stuff the filling firmly in the karelas
 - Heat oil in a kadai, add the karela and cook on high flame on both sides for some time. After few minutes, cover and cook on low flame till cooked completely and browned well from all sides.
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	56.6 Kcal
Protein	1.4 gm
Sodium	137.6
Potassium	256.2 mg
Phosphorus	33.6 mg

CARAMEL POPCORN

Ms Apeksha Ekbote, M.Sc., RD, Chief Dietitian



Portion size – 1 bowl (100gms)

Serving size – 1 bowl (100gms)

A high calorie, low sodium, low potassium, low phosphorus snack which can be consumed safely by non-diabetic dialysis guests

Ingredients:

- 1/4 cup corn kernels
- 1 tbsp oil
- 1/3 cup sugar
- 1/4 tsp [vanilla essence](#)
- 2 tsp [butter](#)
- 1/8 cup water

Preparation:

1. Prepare the popcorn with the corn kernels in a cooker or a large thick bottomed vessel
2. Take a sauce pan, add sugar and water. Add butter. Let it melt and boil. It will become frothy and slightly change colour. Do not mix, do not use spoon. Just swirl the pan and cook on low flame.
3. Now, Add vanilla essence. The colour will change from light shade to dark colour.
4. When it forms a thick sauce and is dark golden in colour switch off and immediately add it to popcorn. Do not burn.
5. Mix it, it will form thick threads, don't worry keep mixing. It will be sticky, transfer on to a foil or a parchment paper and allow it to cool for 5 mins then separate the chunks. Serve warm

NUTRITIVE VALUE FOR ONE SERVING

Calories	574.3 Kcal
Protein	2.74 gm
Sodium	1.33 mg
Potassium	89.7 mg
Phosphorus	86.7 mg

CARROT PARATHA

By-Pooja Yadav

Executive Dietician,NephroPlus



Serving Size- 2

Portion Size: 1

Ingredients-

- Carrot-100 gm
- Chopped spring Onion-18gm(1 small)
- Wheat Flour-1 cup(120gm).
- Red chili powder-1tsp.
- Oil-1tsp.
- Coriander powder-1tsp.
- Salt-A dash (0.4gm)as suggested by the dietitian.

Preparation

- ✓ Firstly, wash the Carrot & grate with the help of grater and chop the spring onion
- ✓ Combine the all ingredients in a deep bowl, mix well & knead into a soft dough using enough water.
- ✓ Divide the dough into equal portions.

- ✓ Roll a portion of the dough circle using a little whole wheat flour for rolling.
- ✓ Heat a non-stick tava & cook the paratha using ½ tsp. of oil till golden brown spots appear on both the sides.
- ✓ Repeat steps & make 1 other paratha.
- ✓ Serve it with curd or tea.

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
145.67Kcal	3.65gm	93.74mg	196.63mg	108.85mg

CHANA KACHUMBER SALAD

*Ms Apeksha Ekbote, M.Sc., RD,CDE
Chief Dietitian, NephroPlus*

A refreshing and simple summer salad which is packed with the goodness of fibre



Portion size – 4

Serving size – 1

Ingredients:

- 3 Cucumber , peeled and chopped
- 1 Onion , finely chopped
- 1 Green Chilli , finely chopped
- 2 Tomatoes , chopped
- 1 Carrot peeled and grated
- 2 tbsp pomegranate seeds (optional as they are high in potassium)
- Black pepper powder (as required)
- 1 teaspoon Cumin powder

- 1 teaspoon Lemon juice
 - Mint leaves chopped – a few
 - Salt-1/4tsp or as per dietician's advice
 - Boiled Black Channa – ½ cup
-

Preparation:

6. To make the Kachumber salad, wash and chop/grate all the vegetables into small pieces and keep it ready.
7. Soak the black chana overnight and pressure cook till soft. Drain away the water and keep the chana aside.
8. In a mixing bowl, combine the chopped vegetables-cucumbers, onion, green chilli, tomatoes, grated carrots and pomegranate seeds and mix well. Add the boiled chana to the mixture.
9. Add lime juice, pepper powder, roasted cumin powder, salt into the salad and mix it well.
10. Now add the finely chopped mint leaves and give the salad a gentle stir and serve it immediately.
11. Serve this Chana Kachumber salad chilled.

NUTRITIVE VALUE FOR ONE SERVING

Calories	50.8 Kcal
Protein	2.7 gm
Sodium	61.5 mg
Potassium	253 mg
Phosphorus	50.1 mg

Note: Potassium in this recipe can be reduced by leaching the black channa and also by eliminating pomegranate

CINNAMON APPLES

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



A fruit delicacy which can be an ideal mid morning or evening snack

Portions – 2

Serving Size – 1

Ingredients:-

- Apples – 2 cup peeled and sliced (about 2")
- Brown sugar – $\frac{1}{4}$ cup
- Ground cinnamon – $\frac{1}{2}$ tsp.
- Ground nutmeg – $\frac{1}{4}$ tsp.
- Water – 1 tbsp.
- Butter – $\frac{1}{2}$ tbsp.

Preparation: Mix the sliced apples, brown sugar, ground nutmeg and cinnamon well in a mixing bowl until the apples are coated well.

In a saucepan, cook this apple mixture with 1 tbsp. unsalted butter and 2 tbsp. water for 8-10 minutes until the apples are soft and tender. Serve warm

NUTRITIVE VALUE FOR ONE SERVING

Calories	83.9 Kcal
Protein	0.33 gm
Sodium	7.7 mg

Potassium	136.9 mg
Phosphorus	13.5 mg

CORN CUTLETS

Ms Apeksha Ekbote, M.Sc., RD, Chief Dietitian



Portion size – 10

Serving size – 2

Ingredients:

- 1 cup corn (fresh / frozen)
- 2 medium sized leached potato (boiled & mashed)
- ½ onion (finely chopped)
- ¼ capsicum (finely chopped)
- 1 green chilli (finely chopped)
- ½ tsp ginger paste
- ½ tsp red chilli powder
- ¼ tsp turmeric powder
- ½ tsp garam masala powder
- 1 tbsp besan (roasted)

- ¼ cup bread crumbs
 - 1 tbsp corn flour
 - ¼ tsp pepper (crushed)
 - 1 tbsp lemon juice
 - oil for deep frying
 - Salt-1/4tsp or as per dietician's advice
-

Preparation:

1. In a small blender take boiled corn or frozen corn blend to coarse paste without adding any water. Keep 2tbsp corn kernels aside.
2. Transfer the paste to a large mixing bowl and add boiled and mashed potato (Leached), additionally add onion, capsicum, chilli and ginger paste, spices and salt.
3. Add ¼ cup bread crumbs, 1 tbsp roasted besan, 1 tbsp corn flour, 2 tbsp of boiled corn removed separately and kept and crushed black pepper, also add lemon juice combine everything well to form a dough.
4. Add in more bread crumbs if there is too much moisture.
5. Make bullet shaped kababs greasing hands with oil.
6. Deep fry them into hot oil and fry till the kebabs turn golden brown on medium flame and serve hot.

The cutlet can also be shallow fried/made in an air fryer until golden brown to make it healthier

NUTRITIVE VALUE FOR ONE SERVING

Calories	227.83 Kcal
Protein	1.9 gm
Sodium	42.79 mg
Potassium	163.9 mg
Phosphorus	41.6 mg

Note: Corn is a moderately high in potassium and has to be leached before cooking

CRISPY BHENDI

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

Baked ladies finger which can be served as an appetizer or side dish



Portions-2

Serving size – 1/2

Ingredients:-

Fresh ladies finger 200 gms, cut into
1-inch pieces

All-purpose flour 1/4 cup

Corn flour 1/4 cup

Pepper powder 1/4 teaspoon

Unsalted Butter 1 tablespoon

Water 1/2 cup

Salt 1/4 tsp or as recommended by the dietician

Preparation:-

In a medium bowl, combine all-purpose flour, corn flour, salt and pepper. Cut in the butter until crumbly. Dip the cut ladies finger water, then roll in cornflour mixture to coat. Place on a greased baking sheet. Bake at 350°F for 20 minutes or until golden brown. Serve hot with toothpicks

NUTRITIVE VALUE FOR ONE SERVING

Calories	90.8 Kcal
Protein	1.97 gm
Sodium	102 mg
Potassium	145.5 mg
Phosphorus	37.8 mg

CUCUMBER PINEAPPLE SALAD



Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

Portions – 1 bowl

Serving Size –1/2 bowl

Ingredients:-

- Cucumber – 50g cut into cubes
- Pineapple – 50g cut into small cubes
- Cherry tomatoes – 4-5/20g
- Ice berg lettuce – 20g
- Lemon juice – 5ml
- Pepper powder – ½ tsp
- Honey – 1 tsp
- Salt-1/4tsp or as per dietician's advice
- Coriander leaves chopped (optional)

Preparation:-

- Combine all ingredients and toss lightly to distribute the lime juice evenly.
- Season with salt and pepper if desired.
- Serve immediately or keep chilled until ready to serve.

NUTRITIVE VALUE FOR ONE SERVING

Calories	26.1 Kcal
Protein	0.64 g
Sodium	100.5 mg
Potassium	130.8 mg
Phosphorus	17 mg

DAHI KE KABAB

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



A Hung curd recipe which is high in calories and protein making it an ideal snack post dialysis session

Portions – 8

Serving Size – 2

Ingredients:-

- Hung Curd – 200gm
- Paneer – 50gm
- Green/Yellow/Red Capsicum – 25 gms chopped finely
- Onion – 1 small chopped finely
- Besan/Roasted Bengal gram flour – 1 tbsp (Roasted)
- Salt-1/4tsp or as per dietician's advice
- Pepper powder – 1 tsp
- Bread Crumbs for coating
- Refined oil – 200 ml for deep frying

Preparation:-

- Take curd and tie it in a muslin cloth tightly and hang it overnight till all the water drains and you get hung curd
- In a bowl, take grated paneer, hung curd, salt, pepper powder, chopped onions and capsicum. Mix well
- The mixture should be so thick that when you lift it with a spoon, it should not fall.
- Take a spoonful of the mixture and coat it on bread crumbs and keep it aside
- Deep fry in hot oil on high flame till golden brown. Serve hot as a snack

NUTRITIVE VALUE FOR ONE SERVING

Calories	318.46 Kcal
Protein	8.49 gm
Sodium	69.3 mg
Potassium	121.6 mg
Phosphorus	125 mg

FRUIT CURD

By-Pooja Yadav

Executive Dietician, NephroPlus



Portions – 2

Serving Size - 1

Ingredients-

Curd(hung) – 100gm

Sugar – 15gm (1tsp)

Almonds – 5 in no.(5gm)

Apple – 20gm

Strawberry – 20gm

Pineapple - 20gm

Pear -20gm

Grapes(Black) – 20gm

Preparation

1. To prepare hung curd, tie the curd tightly in a muslin cloth and hang it at a height placing a bowl below for the drained water to collect and let the water drain for 1-2 hours
2. Add sugar to the Hung curd and whisk well.
3. Wash all fruits and chop them. Blanch and chop the Almonds.
4. Add all fruits in the curd and mix it well.
5. Sprinkle the chopped almonds on top
6. Serve fresh and chilled.

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
101.44Kcal	1.75gm	16.79mg	156.65mg	77.35mg

Note: You can add 2 scoops of protein supplement in to the mixture to increase the protein.

GINGER CHUTNEY/ALLAM PACCHADI

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 1 bowl (300g)

Serving Size –2 tbsp (30g)

Ingredients:-

- Ginger – 75gms
- Garlic – 3-4 cloves
- Chana dal – 1 tbsp
- Urad dal – 1 tbsp
- Coriander seeds – 1 tbsp
- Methi/Fenugreek seeds – ¼ tsp
- Jeera/Cumin seeds – 1 tsp
- Dried red chilli – 30gms
- Tamarind – 50gms
- Jaggery – 50 gms
- Water -1/2 cup
- Salt-1/4tsp or as per dietician's advice
- Refined oil –4 tsp
- For tempering (optional) – few mustard seeds,urad dal,curry leaves and dried chillies

Preparation:-

- In a pan, add 3 tsp oil and saute chopped ginger and garlic cloves for 2-3 minutes and set it aside
 - In the same pan, roast the chana dal, urad dal, jeera, methi seeds,coriander seeds and dried red chillies till they turn aromatic.
 - Cool the spices completely and transfer them to a mixie jar. Grind them coarsely.
 - Add the sautéed ginger and garlic and again coarsely grind it.
 - Now, add the soaked tamarind and jaggery and grind again. Add recommended salt and water to the mixture and grind it to suit your consistency.
 - Temper the chutney and serve with Idlis/Dosas
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	73.3 Kcal
----------	-----------

Protein	1.75 g
Sodium	44.3 mg
Potassium	166.2 mg
Phosphorus	39 mg

GRILLED PANEER SANDWICH

Dr.Apeksha Ekbote, Ph.D,RD,CDE Chief Dietitian



Portions – 4

Serving Size – 1

Ingredients:-

- 1 cup paneer/cottage cheese (grated)
- 2 tbsp grated carrot
- 2 tbsp capsicum ,finely chopped
- 2 tbsp corn (boiled)
- ¼ tsp kashmiri red chilli powder
- ¼ tsp cumin powder
- 2 tsp tomato sauce
- 4 slice white bread
- 2 tsp green chutney
- 2 tsp unsalted butter
- 0.5gm salt/as directed by the dietician

Preparation:-

- In a large mixing bowl take 1 cup grated paneer.
- Add 2 tbsp carrot, 2 tbsp capsicum, 2 tbsp boiled corn and additionally, add ¼ tsp chilli powder, ¼ tsp cumin powder, salt and 2 tsp tomato sauce.
- Mix well making sure all the spices are combined well.
- Spread green chutney over a bread slice and then some paneer filling cover again with bread slice spread with green chutney.
- now grill or toast on tawa by spreading butter.
- Cut them into triangles and serve hot.

NUTRITIVE VALUE FOR RECOMMENDED SERVING

Calories	146.2 Kcal
Protein	7.06 gm
Sodium	69.9 mg
Potassium	101 mg
Phosphorus	100.7 mg

IRANI ONION SAMOSA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 10

Serving Size – 2

Ingredients:-

For Stuffing :

- Onions sliced – 2
 - Thin Poha – a handful / 30g
 - Turmeric powder – ¼ tsp
 - Red chilli powder – 1 tsp
 - Cumin powder – ¼ tsp
 - Salt-1/4tsp or as per dietician's advice
 - Chaat Masala – ½ tsp
 - Green Chilly – 1 finely chopped
-

For Covering :

- Maida – 1 cup
- Corn Flour – 1 tbsp
- Water to knead the dough

Other Ingredients:

- Maida slurry or paste
- Oil for deep fry

Preparation:-

- Firstly, in a large bowl take sliced onion, poha, 1 chilli and 1 tsp chilli powder also add ½ tsp cumin powder, 1/2 tsp chaat masala, ¼ tsp salt and ¼ tsp turmeric powder
 - Mix well by squeezing onions.
 - Prepare a stiff maida dough by mixing maida, cornflour and water and rest it for ten minutes.
 - Take a small ball roll it into a thin puri and cut into semi-circle. Fill the stuffing after making a triangle shape securing the dough well with a maida slurry or paste.
 - Heat oil in a kadai, Deep fry the Samosas till they are golden brown in colour and serve hot with your chai this monsoon season.
-

Note: One can use the ready-made samosa patti occasionally. Although it does not contain salt but has preservatives which may be high in sodium or potassium.

NUTRITIVE VALUE FOR ONE SERVING

Calories	224 Kcal
Protein	3 gm
Sodium	51 mg
Potassium	93 mg
Phosphorus	42 mg

KADDU KA DALCHA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

A Hyderabadi dish made with Lentils and Bottle Gourd ideally eaten with plain rice or pulav



Portions – 4

Serving Size – 1/2

Ingredients: -

- Tuvar/Red gram dal – 60gm
- Bottle Gourd/Kaddu – 100 gm cut into long pieces
- Slit green chilli -2
- Curry Leaves – 4-5
- Tomato – 1 medium finely chopped
- Onion – 1 small roughly chopped
- Ginger Garlic paste – 1tsp
- Cinnamon stick -1
- Shahjeera -1/4 tsp
- Bayleaf -1
- Garam masala powder – ½ tsp
- Oil – 2 tsp
- Chilli powder -1/4 tsp
- Turmeric powder – a pinch
- Coriander powder -1/4 tsp
- Tamarind pulp – 5 ml
- b
- Water to pressure cook the dal

Preparation: -

- Pressure cook the dal with water for 4-5 whistles. As Bottle Gourd is low in Potassium, you can steam the vegetable and keep it aside
- Heat oil in a pan and temper with curry leaves, shahjeera, bay leaf and cinnamon After it stops crackling, add the onion and sauté till light brown in colour.

- Now add the ginger-garlic paste, turmeric powder, coriander powder, garam masala powder and red chili powder.
-

- Add the chopped tomato and continue to saute till they are mashed. Add the boiled dal, bottle gourd, salt as advised and tamarind pulp.
 - Simmer on low flame for 2-3 minutes. Add little water if required for the desired consistency to have it with rice. The dal is usually not watery but a semi gravy consistency
-

NUTRITIVE VALUE FOR RECOMMENDED SERVING

Calories	83.4 Kcal
Protein	3.7 gm
Sodium	154.7 mg
Potassium	294 mg
Phosphorus	59.3 mg

Note: - To further lower the potassium levels, one can leach the red gram/tuvar dal after boiling it.

KARNATAKA STYLE MAJJIGE HULI

Ms Apeksha Ekbote, M.Sc., RD, Chief Dietitian



Portion size – 6

Serving size – 1

Ingredients:

- 200 gm Ashgourd / Boodha Kumbalakayi
 - 1 cup Sour Curd or 1 cup Sour Buttermilk
 - Salt-1/4tsp or as per dietician's advice
-

To Grind :

- 2 tbsp fresh Coconut, Grated
- 2 Tsp Channa dal
- 2 tsp Coriander Seeds /Dhania
- 1/2 tsp Cumin Seeds/ Jeera
- 2-3 Green Chillies
- 1 inch Ginger
- 1/2 tsp Turmeric /Haldi
- a pinch Asafoetida/ hing

To Temper :

- 1/2 tsp Mustard seeds
- a pinch Asafoetida/ hing
- 1 Red Chilly, Broken
- few Curry Leaves
- 2-3 tsp Oil

Preparation:

12. Soak Channa dal in water for 20 minutes. Remove the skin of ash gourd, deseed and cut them into cubes.
13. Boil the ashgourd with a little turmeric till half done and remove the water to leach out potassium. Make sure you do not cover cook them.
14. Grind the listed items which are mentioned above 'to grind' with a little amount of water into a fine paste.
15. Mix the paste into the vegetable, add sour buttermilk and mix well. Bring it to a boil on slow flame. You will see the mixture thicken slightly. Switch off the gas.
16. Temper the gravy with mustard seeds, hing, curry leaves and a red chilli. Serve hot with rice.

NUTRITIVE VALUE FOR ONE SERVING

Calories	50.7 Kcal
Protein	1.4 gm
Sodium	39 mg

Potassium	184.7 mg
Phosphorus	37.6 mg

Note: Ash Gourd is a high potassium vegetable and has to be leached before cooking

KODO MILLET DOSA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 10

Serving Size – 3

Ingredients:-

- Kodo Millet – 1 ½ cup/45g
 - Dosa Rice/ Sona Masoori rice– 1 ½ cup/45g
 - Urad Dal – 1 cup/30g
 - Rice flakes – one fistful/20g
 - Fenugreek seeds – 1 tsp/5 g
 - Channa Dal – 1 tbsp./15g
 - Salt-1/4tsp or as per dietician's advice
 - Refined oil – 3 tsp
-

Preparation:-

- Soak the rice, kodo millet, urad dal, fenugreek seeds, rice flakes and channa dal together in water for 6-8 hours and grind it into a fine paste by adding water.
- Leave the batter overnight for fermentation for 8-10 hours
- Add recommended salt and mix well.
- Heat a greased non-stick pan, take a ladle of the batter and spread it on a pan. Add little oil and cook on both sides till golden brown.

- Serve hot with leached vegetable chutneys/leached potato sabzi.
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	219.2 Kcal
Protein	7.26 gm
Sodium	62.4 mg
Potassium	262.3 mg*
Phosphorus	121.7 mg

*Note: The Potassium in this recipe is reduced during the process of leaching

LAUKI KA HALWA

*Ms Apeksha Ekbote, M.Sc., RD,CDE
Chief Dietitian, NephroPlus*



Portion size – 5

Serving size – 1

Ingredients:

- 500 gms Lauki/Bottle gourd peeled and grated

- 3/4th cup/300gm sugar
- 3-4 Cashewnuts, finely chopped
- 3-4 Almonds, finely chopped
- 3-4 Raisins
- 50ml Ghee
- ½ cup/100 ml Whole Milk
- 1/4th tsp Green Cardomon powder

Preparation:

17. Peel and Grate the Bottle gourd and keep it aside.
18. In a Kadai, Heat the ghee till warm and fry the dry fruits till light brown and set them aside.
19. In the same Kadai with ghee, Add the grated lauki and cover and cook for 2-3 minutes till it loses water. Then add Milk and cover and cook for 5-8 minutes till soft and the milk is completely evaporated and absorbed.
20. Add Sugar to the Lauki and mix well and let it cook till you get the halwa consistency. Switch off the flame
21. Finally add cardamom powder and mix well. Garnish with the roasted dry fruits and Serve.

NUTRITIVE VALUE FOR ONE SERVING

Calories	376.1 Kcal
Protein	1.7 gm
Sodium	7.6 mg
Potassium	168.1 mg
Phosphorus	44.3 mg

Note: You can eliminate adding the dry fruits to further lower the potassium in this recipe

LAUKI KE KEBAB

Mrs. Apeksha Ekbote, Chief Dietician, NephroPlus



A simple, easy to make, renal friendly appetizer

Serving Size-1

Portion Size: 2

Ingredients-

- Bottle Gourd/Lauki-50gm
- Bengal gram flour/Besan-20gm
- Onion-18gm(1 small size)
- Chopped Green Chilli-1no.(4gm)
- Turmeric Powder-1tsp
- Red Chili Powder-1tsp(2gm)
- Coriander Powder-1tsp(2gm)
- Garam Masala-1tsp(2gm)
- Oil-2tsp
- Garam Masala-1tsp(2gm)
- Salt-A dash(0.4gm) as suggested by the Dietician

Preparation

- Grate the bottle gourd/Lauki then mix the Besan to the grated lauki properly.
- Add chopped green chili, turmeric powder, onion, salt, red chili powder, coriander powder, and garam masala then mix it properly.
- Makes small kebabs/tikki form this mixture and shallow fry on a non-stick tawa/pan.
- Cook from both side until golden brown.
- Serve hot with mint chutney and tea.

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
107.63Kcal	2.83gm	100.92mg	171.6mg	47.65mg

LITTLE MILLET/SAMAI UPMA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 2

Serving Size –1

Ingredients:-

- Little Millet/Samai – 60gms
- Ginger –5 gms
- Chana dal – 1 tsp
- Urad dal – 1 tsp
- Mustard seeds – 1/2 tsp
- Curry leaves – a few
- Carrots – 25gms finely chopped
- Capsicum – 25gms finely chopped
- Green Peas – 25gms finely chopped
- Onion – 1 small finely chopped
- Salt-1/4tsp or as per dietician's advice
- Refined oil – 2tsp

Preparation:-

-
- Soak the little millet or samai in water for 15-30 minutes.
 - In a pan, add 3 tsp oil and mustard seeds, urad dal, chana dal and curry leaves. Let it splutter. Add chopped ginger, finely chopped onion and saute for a minute.
 - Add chopped carrot, capsicum, green peas and recommended salt. Cover and cook till vegetables are partly cooked.
 - Simultaneously in a sauce pan, Boil 3 cups of water
 - Add the soaked millet and mix well. Add the boiling water to the mix by constant stirring and cover the upma and let it simmer for 5 minutes.
 - Mix well and serve hot.
-
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	194.92Kcal
Protein	5.74 g
Sodium	107.7 mg
Potassium	221.5 mg
Phosphorus	80.8 mg

Note: *The Potassium level can be reduced by leaching the vegetables*

METHI THEPLA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



A Gujarathi flatbread recipe recreated specially for dialysis guests considering the restrictions

Portions – 6

Serving Size – 2

Ingredients:-

- Methi/Fenugreek leaves – ½ cup (100gms) washed and chopped roughly
- Whole Wheat flour – 1 cup (60gms)
- Turmeric powder = 1/2 tsp
- Red Chilli powder – 1 tsp
- Coriander powder – 1 tsp

- Salt-1/4tsp or as per dietician's advice
- Cumin seeds/jeera– ½ tsp
- Curd – 1 tbsp (optional)
- Oil – 2-3 tsp
- Water to knead the dough

Preparation:

- In a Kadhai, heat 2 tsp oil and add cumin seeds. Once they splutter, add chopped methi and fry for one minute.
- Add all the dry masalas and salt and saute the methi leaves for another minute.
- In a mixing bowl, take wheat flour , add the methi mixture and one tablespoon curd and knead it like a chapatti dough by adding required amounts of water.
- Set the dough to rest for 15-20 minutes.
- Make equal portions of the dough and roll it like a chapatti keeping it slightly thick like a paratha.
- Heat a tawa and roast the theplas by applying oil on both sides and serve hot with tea.

NUTRITIVE VALUE FOR ONE SERVING

Calories	115.5 Kcal
Protein	3.8 gm
Sodium	94 mg
Potassium	181.2 mg
Phosphorus	89.2 mg

Note: The potassium can be reduced in this recipe by leaching the methi/fenugreek leaves

MOONG DAL PAYSAM

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

A popular traditional South Indian dessert prepared with moong dal and coconut milk. Specially made during Makara Sankranti festival



Portions size – 4 bowls

Serving Size – 1/4 bowl

Ingredients: -

Moong Dal $\frac{3}{4}$ cup

Water 2 $\frac{1}{4}$ cups

Ghee 3 tsp

Jaggery $\frac{1}{2}$ cup

Cow milk 1 cup

Cashewnuts 3-4

Raisins 3-4

Cardamom powder $\frac{1}{4}$ tsp

Preparation:-

In a pressure cooker, roast moong dal on low flame till aromatic and turn pale brown.

Add 2 cups water, 1 tsp ghee and pressure cook for 3 whistles or until the dal is properly cooked.

In a kadai, add jaggery and add $\frac{1}{4}$ cup water and stir until the jaggery melts. Strain the jaggery liquid to remove impurities if any. Add this liquid to the pressure cooked moong dal, mix well and boil for a couple of minutes.

Add milk slowly on low flame making sure it does not curdle and keep stirring continuously.

Add cardamom powder, fried nuts mix and serve hot.

NUTRITIVE VALUE FOR ONE SERVING

Calories	16.7 Kcal
Protein	2.9 gm
Sodium	5.9 mg
Potassium	171 mg
Phosphorus	60.4 mg

MUSHROOM DO PYAZA

Ms Apeksha Ekbote, M.Sc., RD,CDE

Chief Dietitian, NephroPlus



Portion size – 4

Serving size – 1

Ingredients:

- 200gms Mushrooms, diced and leached
 - 1 Onion , finely chopped
 - 1 Onion, Cubed
 - 1 Capsicum, Cubed
 - 4 cloves Garlic, finely chopped
 - 1 Green Chilli , finely chopped
 - 2 Tomatoes , chopped
 - 1 tsp Coriander Powder
 - 1 tsp Red Chilli Powder
 - 1 tsp Garam Masala Powder
 - 1/4th tsp Turmeric Powder
 - Salt-1/4tsp or as per dietician's advice
 - 2 Tbsp Oil
-

Preparation:

22. To begin making the Mushroom Do Pyaza , heat a kadai with oil, first add cubed onions and capsicum and saute until they turn soft and caramelized. Take them out and keep it aside.
23. Add garlic, allow it to soften. Once done add chopped onions and cook till they turn translucent.
24. Add chopped tomatoes and sprinkle with little salt so that the tomatoes become mushy and soft.

25. Add all the spice powders - red chilli powder, turmeric powder, coriander powder, garam masala powder, salt and saute well.
26. Add chopped and leached mushrooms and cook until the water is all evaporated.
27. Add sautéed onions and bell peppers at the end and mix well. Cook until the mixture becomes semi dry.
28. Serve the Mushroom Do Pyaza Recipe along with Tawa Paratha or Phulka

NUTRITIVE VALUE FOR ONE SERVING

Calories	106.6 Kcal
Protein	2.9 gm
Sodium	64.8 mg
Potassium	290 mg
Phosphorus	60.9 mg

Note: Potassium in this recipe can be reduced by leaching the Mushrooms before cooking

MUTTER KARANJI

Recipe by: Anuradha Rajput, Dialysis Technician, Kandivali West2, Mumbai

(Nutritive value and validation by Apeksha Ekbote, MSc,RD,CDE, Chief Dietician, NephroPlus)



It is a deep fried crispy pastry, filled with savoury, spiced green pea stuffing.

Portions – 4

Serving Size – 1

Ingredients:

For Pastry:

1 cup Whole wheat flour

2 Tbsp Ghee

4 Tbsp lukewarm water

For the Stuffing:

1 cup Fresh Green peas
1 crushed green chilly
1/4 tsp ginger garlic paste
1/4 Tsp Red chilly Powder
1/4 Tsp Turmeric powder
1/4 Tsp Coriander powder
1/2 Tsp Cumin seeds
1/2 tsp Chat Powder
2 Tsp Ghee
Salt to taste

Oil for deep frying

Method of Preparation:

- In a bowl, mix whole wheat flour and ghee with fingertips to form a breadcrumb like texture, add lukewarm water gradually to form a firm dough.
- Cover with a damp cloth.
- Boil/ Steam the green peas and mash them coarsely.
- Heat ghee in a pan, add cumin seeds, let it splutter and add ginger garlic paste, the mashed green peas and crushed chilly and the spice powders sauté and mix well.
- Check for seasoning, add more spice powders if needed.
- Make 4 equal lemon sized balls of the dough, roll to a thin circle about 4 inch in diameter.
- Add filling on one side and fold over the other half of the circle to form a half moon.
- Seal the edges well and deep fry till golden brown. As a healthy option, you can also air fry or bake at 180 degrees centigrade for 15-20 minutes until golden brown
- Serve hot.

NUTRITIVE VALUE FOR ONE SERVING

Calories	296.1 Kcal
Protein	3.5 gm
Sodium	73.4 mg
Potassium	125.3 mg
Phosphorus	51.2 mg

Note: Green peas can be leached before cooking to further lower the potassium content in the recipe.

ONION CHUTNEY

Dr.Apeksha Ekbote, Ph.D,RD,CDE, Chief Dietitian



Portions – 4

Serving Size – 1

Ingredients:-

- 1 onion , medium sized, cut into pieces
- 1 tbsp urad dal
- 2 tsp channa dal
- A small ball of tamarind
- 2-3 Dry red chilly
- 0.5gm salt/as directed by the dietician
- 1 tbsp oil
- ½ tsp mustard seeds, few curry leaves and ½ tsp urad dal for tempering

Preparation:-

- Heat oil in a kadhai, add urad dal, chana dal, dry red chilly and saute for a while.
- Add the chopped onions and fry till translucent.
- Cool the mixture and transfer it to a mixer jar. Add soaked ball of tamarind and salt. Grind it into a paste
- Temper the chutney with mustard seeds, urad dal, curry leaves and serve with Idly or Dosa.

NUTRITIVE VALUE FOR RECOMMENDED SERVING

Calories	80 Kcal
----------	---------

Protein	3.8 gm
Sodium	51.3 mg
Potassium	178.4 mg
Phosphorus	48.2 mg

PANEER BHURJI

*Dr.Apeksha Ekbote,
Ph.D,RD,CDE
Chief Dietitian*



Portions – 4

Serving Size – 1

Ingredients:-

- 1 cup Paneer , crumbled
- 1 onion, minced
- 1/4th inch ginger, chopped finely
- 2-3 cloved of garlic, chopped finely
- 1 small green capsicum, chopped finely
- 1 tomato, roughly pureed
- ¼ tsp turmeric powder
- ¼ tsp cumin powder
- ¼ tsp red chilli powder

- ¼ tsp garam masala
- ½ tsp coriander powder
- 0.5gm salt/as directed by the dietician
- 1 tbsp Oil

Preparation:-

-
- Heat oil in a pan, add the onion and saute them till light brown.
 - Now, add garlic and ginger. Fry them for a minute, and then add green capsicum, coriander, and cumin powder, chilli and turmeric. Stir the mixture continuously and add tomato puree. Note, the puree should become dark in colour and bit thick.
 - Now get the flame in medium heat. Add the crumbled paneer to the pan, and cook it for 5 mins.
 - Add the salt at this point. Turn the gas off. Bhurji is done.
 - Serve hot with chapathis / pav bun
-

NUTRITIVE VALUE FOR RECOMMENDED SERVING

Calories	175.7 Kcal
Protein	9.9 gm
Sodium	61.9 mg
Potassium	110.6 mg
Phosphorus	175.6 mg

PANEER KOFTA

By-Pooja Yadav

Executive Dietician, NephroPlus

Paneer Kofta is a simple and easy making and its very High Protein, kidney friendly recipe.



Portions – 2

Serving Size - 1

Ingredients-

Paneer(buffalos milk)-100gm

Besan-20gm

Onion-1 small size

Tomato-10gm

Ginger-2gm

Garlic-2gm9

Chopped Green Chilli-1no.

Red Chili Powder-1tsp

Coriander Powder-1tsp

Cumin Seeds-1/2 tsp.

Oil-2tsp

Salt-A dash(0.4gm) as suggested by the Dietician

Preparation

1. Firstly crush the paneer with help of grater then add Besan(gram flour)in to the paneer and mix it properly.
2. Make the paste for the gravy(onion,garlic,ginger,green chilli)with the help of grinder .
3. Make the paneer balls then fry till golden brown with medium flame.
4. Heat oil in a pan again and add the cumin seeds once they splutter, add the ginger,garlic,onion,tomato and green chili paste in the pan and fry the golden brown for 2 minutes.
5. Add all spices (Turmeric, red chilli,coriander powder) and add ½ cup of water then cook for 2 minutes.
6. Add the Paneer balls then salt and mix gently
7. Cook for 5 minute on low flame and serve hot with Roti/Pulav

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
281.4Kcal	10.44gm	86.8mg	196.2mg	207.2mg

PANEER SHASLIK

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Grilled paneer with vegetables which can be eaten as a snack or main course

Servings - 5

Serving Size – 1/2

Ingredients:-

- Paneer – 500 gms cubed
- Green Capsicum – 1 (50gms)
- Onion – 1 (50gms)
- Tomato – 1 (50gms)

- Refined oil – 3-4 tsp. for greasing
- For marinade –
 - Hung curd – 100gms
 - Coriander powder – 1 tsp
 - Chilli powder – 1 tsp
 - Garam masala powder – 1 tsp
 - Lemon juice – ½ tsp
 - Ginger Garlic paste – 1 tsp
 - Cornflour – 1 tbsp.
 - Salt-1/4tsp or as per dieticians advice

Preparation: -

Mix together the ingredients listed under “For Marinade” in a large glass mixing bowl. Mix all the marinade ingredients together thoroughly. Add the paneer, capsicum. Onions and tomatoes to the marinade.

- Ensure that the vegetables and paneer are well coated with the marinade. Then cover the bowl with cling wrap and refrigerate for 1 hour.
- Grease the bamboo skewers with oil slightly and arrange the paneer, onion, capsicum and tomato alternatively like a shashlik.
- If your grilling it in an oven, pre heat the oven at 250 degrees centigrade and grill for 20-25 minutes. You can even grill them on a pan by greasing the pan with oil and rotating the shashliks every two minutes on medium flame. Serve hot

NUTRITIVE VALUE FOR ONE SERVING

Calories	151.7Kcal
Protein	7.2 gm
Sodium	73.3 mg
Potassium	178.2 mg
Phosphorus	187.3 mg

PANNA COTTA

Recipe by: Dr. Felisha Barretto, DMO, Kandivali West2, Mumbai

(Nutritive value and validation by Apeksha Ekbote, MSc,RD, Chief Dietician, NephroPlus)

Panna Cotta is a simple, melt in mouth, creamy Italian dessert.



Portions – 4
Serving Size – 1

Ingredients:

- 1Tbsp Gelatin Crystal
- 50ml Water
- 200ml Milk
- 200ml Fresh cream
- 1/4 cup sugar
- 1/2 Tsp Vanilla Extract

Preparation:

- Add Gelatin Crystals and water in a small bowl and place this bowl in warm water, the gelatin melts from external heat.
- In a saucepan, stir together the milk and fresh cream and set over medium heat. Once it comes to a boil, add sugar, vanilla extract and the melted gelatin, and remove from heat, stir until completely dissolved.
- Pour this in 5 glass bowls and cool at room temperature.
- Once cooled, cover with plastic wrap and refrigerate for at least 4 hours, preferably overnight before serving.
- Unmould on a plate and serve plain or top with a fruit or drizzled with honey.

NUTRITIVE VALUE FOR ONE SERVING

Calories	268.75 Kcal
Protein	6.2 gm

Sodium	33.5 mg
Potassium	105.6 mg
Phosphorus	77.4 mg

CUCUMBER PINEAPPLE SALAD



Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

Portions – 1 bowl

Serving Size –1/2 bowl

Ingredients:-

- Cucumber – 50g cut into cubes
- Pineapple – 50g cut into small cubes
- Cherry tomatoes – 4-5/20g
- Ice berg lettuce – 20g
- Lemon juice – 5ml
- Pepper powder – ½ tsp
- Honey – 1 tsp
- Salt-1/4tsp or as per dietician's advice
- Coriander leaves chopped (optional)

Preparation:-

- Combine all ingredients and toss lightly to distribute the lime juice evenly.
 - Season with salt and pepper if desired.
 - Serve immediately or keep chilled until ready to serve.
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	26.1 Kcal
Protein	0.64 g
Sodium	100.5 mg
Potassium	130.8 mg
Phosphorus	17 mg

POHA CUTLET

Ms Apeksha Ekbote, M.Sc., RD,CDE
Chief Dietitian, NephroPlus



Portion size – 7

Serving size – 1

Ingredients:

- 1 cup/200gm Thick Poha/Rice flakes
 - 2 Medium sized Potato (Leached, Boiled & Mashed)
 - 1/4th teaspoon Cumin powder
 - 1/4th teaspoon Turmeric powder
 - ½ teaspoon Red chilli powder
 - ½ tsp Garam Masala powder
 - 1/4th teaspoon Amchur/Dry Mango powder
 - 1 tbsp Corn Flour
 - ½ tsp Ginger Garlic Paste
 - 1 tbsp Maida/Refined flour
 - ½ cup/100gms Bread Crumbs
 - Salt-1/4tsp or as per dietician's advice
 - 3-4 tbsp Oil for shallow frying
-

Preparation:

29. Firstly, add 1 cup washed poha and 2 leached, boiled and mashed potatoes in a bowl
30. To it, add ¼ tsp turmeric, ½ tsp chilli powder, ½ tsp garam masala powder, ¼ tsp amchur, and ½ tsp ginger garlic paste
31. Add 1 tbsp corn flour and ½ tsp salt and mix well.
32. Prepare a small ball sized patties greasing hand with oil.
33. Make a slurry of maida and cornflour and dip the cutlets in maida-corn flour batter and coat with bread crumbs all sides.
34. Now, shallow fry or pan fry in hot oil till golden on both sided
35. Serve hot.

NUTRITIVE VALUE FOR ONE SERVING

Calories	219.5 Kcal
Protein	3.1 gm
Sodium	46.5 mg
Potassium	132.5 mg
Phosphorus	62.3 mg

Note: Leaching of Potatoes in this recipe is must as it will reduce the potassium content.

PROTEIN PACKED NACHOS WITH BAKED BEANS



Recipe by, Dr. Sushma S. Satpute, DMO, Borivali Standalone, Mumbai

(Nutritive value and validation by Apeksha Ekbote, MSc, RD, Chief Dietician, NephroPlus)

Portion size – 6

Serving size – 1

Ingredients:

For the Spicy Beans

- 1 teaspoon Oil
- 1 clove Garlic , finely chopped
- 1 Onion , finely chopped
- 1 Capsicum, finely chopped
- 1 tomato chopped
- 1 cup Rajma (small Kidney Beans), cooked
- 1/4 cup [Homemade tomato puree](#)
- 1/4 teaspoon Turmeric powder
- Salt-1/4tsp or as per dietician's advice

- ½ tsp sugar
-

For Nachos

One cup moong dal flour

Salt-1/4tsp or as per dietician's advice

Oil for frying

Preparation:

To make the Spicy beans

1. Into a preheated pan add oil, chopped garlic and sauté onions, tomatoes and capsicum.
2. Once done add the cooked rajma beans, tomato puree, turmeric powder, sugar and salt. Stir well to combine and cook for about 3 to 4 minutes.

To make Nachos

1. Firstly, knead the Moong dal flour, 1 tablespoon oil, salt and mix with your fingers.
2. Add water slowly and gradually knead to make a dough.
3. Knead for good 5-6 minutes. Leave the dough to rest for 10 minutes and knead for a minute to smoothen again.
4. To make tortillas, make medium size rotis/tortillas and keep them separate. The thickness should be like rotis.
5. Cut the tortillas into triangular cuts to make nachos and fry them on medium high flame in a [deep fry pan](#) till they turn crisp or bake it at 180 C for 15-20 mins.
6. Once they are ready, take them out on a tissue paper to absorb the extra oil.

To make the Protein Packed Nachos

1. Spread the Nachos/tortilla Chips on a flat platter.
2. Spoon and spread the spicy beans on the chips.
3. Next sprinkle paneer over the Nachos, a spoon a teaspoon of green chutney around and serve.

NUTRITIVE VALUE FOR ONE SERVING

Calories	206.94 Kcal
Protein	4.47 gm
Sodium	35.7 mg
Potassium	249.3 mg
Phosphorus	99.4 mg

Note: Rajma/Kidney beans are high in potassium and have to be leached. Moong Dal also can be leached, dried and powdered to lower the potassium content

PUMPKIN (KADDU) HALWA

By-Pooja Yadav

Executive Dietician NephroPlus

Pumpkin(Kaddu) Halwa is a simple and calorie dense recipe. You can also add kidney friendly supplement to enhance the protein content.



Serving Size-3 bowl

Portion Size: 1 bowl

Ingredients-

Pumpkin(yellow)-100 gm

Milk(cow)-1 cups (120 ml)

Sugar-1 tbsp 15 g

Almonds-5 in no 5 g

Cashwnut-5gm

Oil-1tsp

Preparation

- ✓ Wash and peel the pumpkin and grate it.
- ✓ Pressure cook the pumpkin for one whistle.
- ✓ Once the pressure cools down, then mash the pumpkin.
- ✓ Heat a pan with oil, add chopped almonds and cashwnut fry till lightly golden set a side.
- ✓ Fry the pumpkin for 4 to 5 minutes in oil, add milk then cook in low flame.
- ✓ Add sugar and stir moisture begins to release.
- ✓ Keep stirring till the halwa thickness.
- ✓ Pumpkin halwa is ready to eat.

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
54.86Kcal	1.64gm	7.35mg	152.55mg	62.55mg

RAVA APPAM

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian

**Highlights:**

- Can be eaten for Breakfast
- Diabetic & Dialysis friendly

Portions – 8 Dosas**Serving Size – 1 Dosa****Ingredients:-**

- Rava/Semolina – 1 cup
- Poha/Rice Flakes – 3/4th cup
- Curd – ½ cup
- Sugar – 2 tsp.
- Salt-1/4tsp or as per dieticians advice
- Baking soda – ¼ tsp.
- Refined oil – 1-2 tsp. for greasing

Preparation:-

- In a small mixie take rava and poha and blend to a fine powder without adding any water.
- Now, add curd, sugar, salt and 1 cup water. Whisk and mix well until there are no lumps. Add baking soda and mix until a smooth flowing consistency.
- Pour the batter over the hot tawa greased with a little oil. keep the flame on medium and cook. Serve hot with Onion Chutney

NUTRITIVE VALUE FOR ONE SERVING

Calories	38 Kcal
Protein	4.2 gm
Sodium	107.7 mg
Potassium	107.3 mg
Phosphorus	75.9 mg

RAVA DOSA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 10

Serving Size – 3

Ingredients:-

- Raw Dosa/ Sonamasoori Rice – 1 cup/60g
- Suji/Rava– 2 Tbsp
- Refined flour/Maida – 2 Tbsp
- Green chilli – 1 finely chopped
- Onion – 50 g finely chopped
- Cumin seeds/Jeera – ½ tsp
- Curry Leaves – a few
- Salt-1/4tsp or as per dietician's advice
- Refined oil – 3 tsp

Preparation:-

- Soak the rice for 6-8 hours and grind it into a fine paste by adding water.
- Add the suji, maida, jeera, salt and the chopped curry leaves, green chilli and onions.
- Add sufficient amount of water and make it into watery consistency and mix well. Unlike the usual dosa batter, this batter should be very runny
- Heat a greased non-stick pan, take a ladle of the runny batter and pour it on the pan. The batter should not be spread with the ladle. Just rotate the pan and add little oil.
- Cook on high flame till golden brown, fold and serve hot with roasted Bengal gram chutney

NUTRITIVE VALUE FOR ONE SERVING

Calories	62.6 Kcal
Protein	1.35 gm
Sodium	20.4 mg

Potassium	41.69 mg
Phosphorus	27.4 mg

RAVA IDLI

Ms Apeksha Ekbote, M.Sc., RD, Chief Dietitian



Portion size – 6

Serving size – 2

Ingredients:

- 1 cup sooji/ravva
- 1 tsp channa dal
- Few broken cashewnut pieces (optional)
- 1 tsp mustard seeds
- 2 tsp oil
- 1 cup Sour Curd
- Few curry leaves
- ½ inch grated ginger
- Baking Soda
- Salt-1/4tsp or as per dietician's advice
- Grated carrot for garnish

Preparation:

36. In a kadai, heat oil and temper with mustard seeds, channa dal, curry leaves, cashewnut and ginger. Add suji and roast for few minutes.
37. Add salt and mix well.
38. Once the rava cools down, add curd and mix well and set it aside for 30 minutes.
39. After 30 minutes, the mixture will soak up all the curd, add water to get idly batter consistency. Add baking soda and mix well.

40. Take idli stand and place little grated carrot on the greased mould. Pour the batter and steam for 10-15 minutes
41. Once done, remove the rava idlis and serve hot with ghee and roasted Bengal gram chutney

NUTRITIVE VALUE FOR ONE SERVING

Calories	137 Kcal
Protein	4.1 gm
Sodium	167.6 mg
Potassium	139.2 mg
Phosphorus	75.25 mg

KESAR SHRIKHAND

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Traditional Hung curd dessert flavoured with saffron and cardomom

Portions – 4

Serving Size – 1

Ingredients:-

- Yoghurt/Dahi – 500gm
- Powdered sugar - 1/3 cup
- Nutmeg powder – ¼ TSP
- Green Cardamom powder – ¼ TSP
- Few strands of Saffron soaked in 1 tsp warm milk
- Pistachios blanched, peeled and sliced – 4-5
- Almonds blanched, peeled and sliced – 4-5

Preparation:

- ~ Tie the yogurt in a piece of muslin and hang it overnight over a bowl, in a refrigerator, to drain.
- ~ Transfer the hung curd to a bowl, add powdered sugar and whisk well with a hand blender or a whisker.
- ~ Soak the saffron in warm milk and once it cools add it to the curd mixture. Mix in the cardamom and nutmeg powder and chill in the refrigerator.
- ~ Decorate with sliced almonds and pistachios. Serve chilled with hot puris

NUTRITIVE VALUE FOR ONE SERVING

Calories	170.4 Kcal
Protein	2.3 gm
Sodium	155.3 mg
Potassium	49.6 mg
Phosphorus	34.6 mg

RIDGE GOURD CHUTNEY

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 3

Serving Size – 1

Ingredients:-

- Ridge Gourd/Turai–200 gm
- Urad Dal – 1 tsp
- Green Chillies – 2 slit
- Tamarind – one small inch
- Garlic pods – 3-4 pcs
- Fenugreek seeds – ½ tsp
- Jaggery powder – ½ tsp (Optional)
- Salt-1/4tsp or as per dietician's advice
- Refined oil – 2 tsp

Preparation:-

- Remove the sharp ridges of the ridge gourd keeping a bit of skin intact and cut them into cubes
 - Heat oil in a pan, add urad dal, fenugreek seeds, garlic pods and tamarind and roast for a while
 - Add the vegetable and saute for few minutes until almost cooked. The peel would be hard which is ok as we want crunch to our chutney
 - Cool the mixture and transfer it to a mixer jar. Add salt and jaggery(optional) and grind coarsely.
 - Serve it with dosa or idli
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	72.18 Kcal
Protein	1.86 gm
Sodium	102.65 mg
Potassium	175.4 mg
Phosphorus	50.65 mg

Note: Potassium from this recipe can be further reduced if the Ridge Gourd is leached before cooking

ROSE LASSI

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 3

Serving Size – 1

Ingredients:-

- 1 Cup Curd (200ml)
- Rose Syrup – 2 tbsp
- Ice Cubes – ¼ cup
- Powdered sugar – 2 tbsp
- Rose Petals for Garnish

Preparation:-

-
- To make rose lassi, combine all the ingredients in a deep bowl with ½ cup chilled water and whisk well
 - Refrigerate atleast for 1 hour
 - Pour the lassi into glass and decorate with rose petals
 - Serve chilled

- **NUTRITIVE VALUE FOR RECOMMENDED SERVING**

Calories	90 Kcal
Protein	2 gm
Sodium	21.3 mg
Potassium	86.6 mg
Phosphorus	62.05 mg

Disclaimer: Including this recipe without consulting your dietitian may cause disturbances in your laboratory results. Creating variety in your eating pattern is one way to improve your quality of life.

SOYA KABAB

By-Pooja Yadav

Executive Dietician, NephroPlus



Portions – 3

Serving Size - 1

Ingredients-

Soya Chunks-100gm

Onion-1 small size

Chopped Green Chilli-1no.

Red Chili Powder-1tsp

Coriander Powder-1tsp

Garam Masala-1tsp

Oil-2tsp

Salt-A dash(0.4gm) as suggested by the Dietician

Preparation

1-Firstly Soak the Soya Chunks for 5 minutes in water.

2-Grind the Soya Chunks in mixture grinder.

3-Mix the all ingredients, chopped onion and green chili in to the soya chunks mixture.

3-Makes small kebabs/tikki form this mixture and shallow fry on a nonstick tawa/pan.

4-Cook from both side until golden brown.

5-Serve hot with mint chutney and tea

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
159.12Kcal	17.57gm	62.77mg	40.66mg	7.8mg

SOYA PULAO

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



This dish is an excellent post dialysis lunch/dinner as it is high in protein and makes a complete meal when served with raitha.

Portions – 4

Serving Size – 3/4th

Ingredients:-

For marination :

- Soya Chunks – 1 cup/60g
- Thick Curd – 1 cup
- Turmeric powder – ¼ tsp
- Red chilli powder – 1 tsp
- Garam masala/Biryani masala – 1 tsp
- Potato – 1 small cut into pieces and leached
- Green peas – 50 g
- Onion – 50 g sliced and fried crisp
- Ginger Garlic Paste – ½ tsp

Other ingredients :

-
- Cinnamon –1 inch one piece
 - Cardamom – 2 pc
 - Bay leaf – 1
 - Star Anise – 1
 - Shahjeera – 1 tsp
 - Cloves -5
 - Basmati Rice – 1 ½ cups
 - Salt-1/4tsp or as per dietician's advice
 - Water – 2 ¼ cup
 - Coriander and Mint – A few leaves
 - Oil – 2 tbsp
-

Preparation:-

- Marinade the Soya chunks, potatoes and peas with the masala for marination and thick curd. Fry the onions till crisp golden brown and add it to the marinade.
- In a pressure cooker, heat oil and roast the spices. Add ginger garlic paste and fry. Add the prepared marinade and mix well. Add basmati rice soaked in water for 20 minutes. Add salt, coriander and mint leaves and mix well again.
- Add water and pressure cook for three whistles on medium flame. Serve hot with raitha.

NUTRITIVE VALUE FOR ONE SERVING

Calories	180 Kcal
Protein	11 gm
Sodium	138 mg
Potassium	157 mg
Phosphorus	142 mg

Note: The Potassium can further be reduced by the process of leaching the potato for 2 hours prior to preparation

SPRING ONION PANEER PARATHA

Ms Apeksha Ekbote, M.Sc., RD, CDE

Chief Dietician



Portion size – 6

Serving size – 2

Ingredients:

- 1 cup whole wheat flour
 - 100 gms paneer
 - 50 gms spring onion
 - 2 green chilli finely chopped
 - ½ tsp garam masala powder
 - ½ inch grated ginger
 - Salt-1/4tsp or as per dietician's advice
 - 1 tbsp oil
-

Preparation:

42. Chop spring onion finely and in a bowl, mix it with grated paneer, salt, green chilli, grated ginger and garam masala powder.
43. Knead the dough with flour and water and set it aside.
44. Take a small ball of the dough flatten a bit and stuff the spring onion mixture within sealing from all sides.
45. Roll like a chapathi keeping it slightly thickened upto 1 inch.
46. Roast on a heated tawa by applying oil on both sides.
47. Serve hot with hung curd

NUTRITIVE VALUE FOR ONE SERVING

Calories	194 Kcal
Protein	8.2 gm
Sodium	73.6 mg
Potassium	147 mg
Phosphorus	179.2 mg

VEG. BESAN OMLETTE

By-Pooja Yadav

Dietician NephroPlus



Serving Size-1

Portion Size: 2

Ingredients-

Besan(Bengal gram flour)-20gm

Bread(white)-2 No.(25gm/bread)

Onion-18gm(1 small size)

Tomato-20gm(medium size)

Green Capsicum-20gm

Red Chili Powder-1tsp

Coriander Powder-1tsp

Garam Masala-1tsp

Oil-1tsp

Salt-A dash(0.4gm) as suggested by the Dietician

Preparation

1-Firstly wash and chopped the tomato, onion, green capsicum.

2-Prepare the besan mixture in thick form and add all the spices,chopped onion, tomato and capsicum.

3-Add salt and mix it properly.

4-Take the bread slice and dip it on the besan mixture from both side.

5-Shallow fry on a non stick pan/tawa from both side like an omelette.

6-Serve hot with tea

Nutritional value Per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
112.94Kcal	3.75gm	101.53mg	156.03mg	43.87mg

VEG. SEMOLINA CHEELA

Ms Pooja Yadav,PGD in Dietetics, Dietitian

Veg Semolina Cheela is a simple, healthy and easy to make recipe. It is also high in protein which makes it an ideal breakfast option for our dialysis guests.



Portions: 2

Serving size: 1

Ingredients:-

- Semolina-1/2 cup(83gm)
- Curd-1/2 cup(64gm)
- Chopped Onion-18gm(1 small)
- Chopped Tomato-20gm (1 small)
- Chopped Green Chilli-1 (4gm)
- Paneer-15gm
- Boiled Peas-10gm
- Refined Oil-1tsp.
- Salt-A dash (0.4gm) as suggested by the dietitian.

Preparation:-

- ✓ In a bowl make a batter of semolina, curd and water. The consistency of the batter should not be runny, nor should be too thick let the batter rest for at last 20-25 minutes.

- ✓ In the mixture add all the other ingredients mentioned above.
- ✓ Take a non-stick pan & put it on low medium flame brush it with little oil. Once the pan is hot pour a big ladle of mixture and spread it on the pan like a dosa.
- ✓ Put the lid and let the cheela cook under steam on low flame for 5-7 minutes then, flip the cheela so that both sides get cooked. Cook till they are yellowish golden in colour.
- ✓ Serve hot with chutney

Nutritional value per Serving

Calorie	Protein	Sodium	Potassium	Phosphorus
296.9Kcal	7.72gm	4.605mg	253.11mg	89.78Mg

VEG VERMICELLI UPMA

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 4

Serving Size – 2

Ingredients:-

- Whole wheat roasted Vermicelli- 90gm
 - Onion – one medium chopped finely
 - Carrots – 25 gms chopped into cubes
 - Peas – 25 gms blanched
 - Tomato – 1 small chopped
 - Oil- 1 tbsp
 - Mustard- ½tsp
 - Urad dal- ½tsp
 - Curry leaves- 2 sprigs
 - Green chilli- 1, chopped fine
 - Salt- 1/4tsp or as per dietician's advice
 - Water – 2 cups
-

Preparation:-

- In a kadhai, heat oil and temper with mustard seeds, urad dal and curry leaves. Add chopped onions, slit green chilli and the vegetables (carrot, peas and tomatoes).
- Add the prescribed salt cover and cook till vegetables are soft. Add 2 cups of water and bring it to a boil.
- Once the water starts boiling, add the roasted vermicelli and simmer for 5 minutes. Cover and cook till its done.
- Serve hot as breakfast.

NUTRITIVE VALUE FOR ONE SERVING

Calories	241.4 Kcal
Protein	5.79 g
Sodium	106.7 mg
Potassium	179 mg
Phosphorus	70.5 mg

Note: Carrots and Peas can be leached before adding to this recipe

VEGETABLE STEAMED MOMOS

Ms Apeksha Ekbote, Msc, RD, Chief Dietitian



Portions – 10

Serving Size – 2

Ingredients:-

- Maida/All purpose flour – 1 cup/200g
- Garlic – 2 cloves finely chopped
- Ginger – 1 inch finely chopped

- Green chilli – 1 finely chopped
- Carrot – 100 g (grated)
- Cabbage – 100 g (shredded)
- Spring onion – 25 g
- Pepper powder – ½ tsp
- Salt-1/4tsp or as per dietician's advice
- Refined oil – 3 tsp

Preparation:-

-
- Firstly, prepare the stuffing by heating 3tsp oil and saute the ginger,garlic, green chilli and spring onion on high flame
 - Further, add the grated carrot and shredded cabbage and stir fry. Add recommended dosage of salt and pepper. Mix well and keep it aside.
 - Make a dough of maida with water and grease it with a little oil and set aside till the stuffing cools.
 - Pinch a small ball of the dough, roll and flatten it to 4-5' diameter by keeping the centre slightly thick.
 - Place a teaspoon of filling at the centre and start pleating the edges and seal the momos forming a bundle.
 - Heat a steamer and arrange the momos without touching each other. Steam for 10-12 minutes or until a shiny sheen appears. Serve hot.
-

NUTRITIVE VALUE FOR ONE SERVING

Calories	154.8 Kcal
Protein	4.8 gm
Sodium	92.4 mg
Potassium	186.8 mg
Phosphorus	62 mg

Note: - you can further reduce the potassium level by leaching the vegetables

