



LG

Life's Good




30 HEART FRIENDLY RECIPES*

Certified by Heart Care Foundation of India



COOKBOOK BY LG MICROWAVE OVENS



At LG, while we work to give you a better lifestyle, we care for your health too. That's why we give you LG Cook Book which is filled with Heart-Friendly recipes. Certified by Heart Care Foundation, these recipes will not only take good care of your heart, but taste buds too. Go ahead, eat smart with LG microwaves.

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index**Key**

tsp: teaspoon | **tbsp:** tablespoon | **min:** minutes | **s:** seconds | **kg:** kilogram
ml: mili litre | **MWO:** microwave oven | **g:** gram | **MWS:** microwave safe | **pcs:** pieces

Disclaimer :-

* Preparation time may vary based on different condition including weather, chopping time, moisture level of ingredients.

* Cooking time is based on quantity taken, atmosphere conditions.

* Auto cook recipes to be followed for proper result under standardised conditions.

* Heart Friendly recipes are neither a substitute for, nor do they replace professional medical advice.

* Recipes are based on best efforts but results may vary according to Temperature, quality, Ingredients, weight, etc.

* Images given here are only for representation purposes.

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MANTRAS FOR HEART FRIENDLY RECIPES*

by Heart Care Foundation of India



1. Almonds / Cashew Nuts / Dry Fruits have zero cholesterol: Food of plant in origin has zero cholesterol
2. Artificial ghee is Vanaspati ghee which is made by hydrogenation of oil and is bad for the heart. It increases the levels of bad LDL cholesterol and reduces the levels of good HDL cholesterol
3. One should limit the intake of trans fats in the diet
4. Desi Ghee or clarified butter increases the levels of LDL bad cholesterol but does not reduce the levels of good HDL cholesterol and is better than trans-fats
5. White meat and sea foods are better than red meat.
6. Whole wheat is better than simple wheat, simple wheat is better than broken wheat and broken wheat is better than Maida
7. Eat seasonal and locally grown vegetables and fruits
8. Have a mix of all seven colours and six tastes in diet
9. Eat variety of fruits and vegetables in moderation
10. Do not consume more than 5 grams of common salt (sodium chloride) in a day
11. Urad Dal / Chana Dal or any dal: Overnight soaking or slow boiling of pulses is preferred to reduce bloating in the abdomen and retain folic acid
12. Potatoes /Carrot /Radish (vegetables grown underground): Soak them before use in water for few hours or slow boil them to reduce adverse effects like bloating
13. Asafoetida or Hing is added to any recipe reduce flatulence effect
14. Brown rice is better than white rice.
15. Methi is added to any sweet vegetable (like potato). It has anti insulin resistance action
16. Wheat sensitive people should switch to millets. They are gluten free. Examples are bajra, jwar, ragi
17. Fruit based flours are kuttu, singhara, smaak chawal, rajgiri or amarnath. They are gluten free.
18. Besan is gluten free product



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19. Vegetables: Thinner you cut more will be the surface area and more will be oil absorbed. Boil vegetables separately and cook masala separately
20. All bitter and green vegetables (except sweet pea) reduces insulin resistance
21. Consume low fat milk or consume soya, almonds or cashew nuts milk
22. Wheat and gluten sensitive people may also not tolerate oats, corn and dairy products
23. Broccoli and Zucchini have anti-cancer properties
24. Coeliac disease patients cannot take wheat, barley, rye as they contain gluten
25. Barley beer has gluten. Whiskey is often gluten free.
26. Onion and garlic are heart and diabetes friendly. They reduce levels of cholesterol
27. Tofu and Soya lowers cholesterol, helps hormonal imbalances in women.
28. Til or sesame seeds are high in calcium and can be added to any food
29. Corn Floor is avoided in patients with wheat sensitivity
30. Dalchini or cinnamon and Kadi Patta reduces insulin resistance
31. Consume a variety of oils over time in your diet
32. Coffee in moderation is good for the health
33. People who cannot tolerate milk often tolerate curd
34. One gram of carbs and protein produces 4 calories and one gram of fat generates 9 calories
35. Jaggery is better than brown sugar and brown sugar is better than white sugar
36. Stevia is plant-based sugar and can be consumed
37. One should take 30 ml of liquid per kg per day
38. One egg a day is not unhealthy
39. One should not consume more than 500 grams of butter, oil and ghee in a month per person
40. Black tea and black coffee are better than the one added with milk or sugar





HEALTHY HEART BREAKFAST

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WHEAT RAVA IDLI

Preparation Time: 10 hours | **Cooking Time:** 5 - 6 min.

Utensil: Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl

Weight Limit: 4 Pc, 8 Pc

Ingredients:

- 100g Wheat Rava (roasted)
- ½ tbsp Urad
- 4 tbsp Chana Daal
- Water as required
- Salt as per taste
- 2 tsp Olive Oil
- A few sprigs of Curry leaves
- ½ tsp Mustard seeds
- Red chilli powder as per taste
- 1½ cup Curd
- 1 tsp Fruit Salt (ENO)

Method:

1. Wash & soak urad daal, channa daal, pepper and jeera.
2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You can use the same batter for making 4, 5, 6, 7, 8 idlies). Now mix rava and curd.
3. Grease idli in MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select healthy heart menu & number and press start.
4. When beeps, give standing time of 5 minutes and remove later.



CHANA DAAL PANCAKE

Preparation Time: 10 - 12 hours | **Cooking Time:** Preheat time + 4-5 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 1 Pc

Ingredients:

- 100g Chana Daal
- 1 tsp Grated ginger
- ½ cup Fenugreek leaves chopped
- ½ tbsp Chopped green chillies
- ½ cup Spinach, chopped
- 1 tbsp Olive Oil
- ½ cup Carrot grated
- Salt as per taste
- 1 tsp Coconut, grated

Method:

1. Grind soaked chana daal into a coarse paste adding a little water if required.
2. Add fenugreek leaves, spinach, carrot, curry leaves, ginger, green chillies and salt. Mix well.
3. Select healthy heart menu and press start. (Preheat process)
4. Take a spoonful of batter and spread on the tawa and make a pancake of approx. 125 mm diameter.
5. After beep, put tawa on high rack and press start.
6. When beeps, turn the pancake by greasing with oil.



MOONG DAAL CHEELA

Preparation Time: 12 hours | **Cooking Time:** Preheat time + 4-6 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 1 Pc

Ingredients:

- 200g Moong Daal
- 1 tsp Crushed tofu mixed with chaat masala
- 1 tsp Capsicum (green) and cabbage (chopped)
- ½ tsp Onion (chopped)
- 1 tsp Cashew nuts (chopped)
- Salt as per taste
- 1 tsp Ghee

Method:

1. Soak the moong daal overnight and grind it with some salt into a consistent flowing batter. Select healthy heart menu and press start.
2. Keep tawa on high rack and press start (preheat). After preheating is over, spread some batter in a circular motion over tawa and press start again.
3. After beeps turn the cheela by greasing with ghee and press start.
4. Add cashew nuts and chopped vegetables and onions.
5. Serve with mint chutney.



SPINACH AND TOFU TOASTS

Preparation Time: 20 min. | **Cooking Time:** 6 min.

Utensil: High Rack

Weight: Limit 2 Pc

Ingredients:

- 4 Brown bread slices
- 1½ tsp Green chillies finely chopped
- To be mixed into a Spinach and Tofu Spread**
- 3/4 cup Spinach chopped (blanched)
- 1/4 cup Tofu
- 2 tbsp Hung curd
- Salt and black pepper as per taste

Method:

1. Mix spinach and tofu into paste by adding all the ingredients.
2. Now keep breads on high rack. Select healthy heart menu and press start. After beep, turn the slices and again press start.
3. Spread the portion of mixture on each bread slices and cut them diagonally.
4. Now serve with coffee or tea.



QUINOA VEG UPMA

Preparation Time: 5 -6 min. | **Cooking Time:** 8-10 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- 1 cup Quinoa (Soaked in water)
- 2 tsp Olive oil
- 1 tsp Mustard seeds
- Asafoetida a pinch
- 2-3 nos. Curry leaves
- 2 tsp Green chillies finely chopped
- $\frac{1}{4}$ cup Onions
- $\frac{1}{2}$ cup Carrots
- Salt as per taste
- Red chilli powder as per taste
- $\frac{1}{4}$ cup Coriander finely chopped
- 4 cup Water

Method:

1. In MWS bowl add oil, mustard seeds, asafoetida, curry leaves, green chillies, onion, carrots. Select healthy heart menu and press start.
2. After beep, add quinoa and salt, mix well and press start again.
3. When beeps, add water and coriander leaves and press start again.
4. After beep is over, mix well and cover and keep aside for 2-3 minutes.
5. Serve hot.



RICE AND MOONG DAAL IDLI

Preparation Time: 8 hours | **Cooking Time:** 5 min.

Utensil: Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl

Weight Limit: 4 Pc, 8 Pc

Ingredients:

- 1 cup Brown rice
- ½ cup Green Moong daal (split)
- ¼ tsp Fenugreek seeds (Methi)
- ½ cup Carrot grated
- ½ cup Spring onion finely chopped
- Salt as per taste
- 1 tsp Fruit Salt (ENO)

Method:

1. Soak the rice, moong daal and fenugreek seeds in a deep bowl with enough water for 5 to 6 hours.
2. Drain and blend in a mixer to a smooth paste using little water.
3. Transfer the mixture into a bowl, add the carrots, spring onion whites and greens and salt and mix well.
4. Just before steaming, add the fruit salt to the batter and pour 2 tsp of water over it.
5. When the bubbles form, mix gently.
6. Put a little batter into each greased idli mould and select healthy heart menu and press start.
7. Serve with sambhar or chutney.



BUCK- WHEAT PORRIDGE

Preparation Time: 3 min. | **Cooking Time:** 6-8 min.

Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish

Weight Limit: 0.3 kg

Ingredients:

- ½ cup Buckwheat (Kuttu)
- ½ cup Almond milk
- 2 tsp Maple syrup or Honey
- ½ cup Chopped green apple

Method:

1. Take 3/4 cup of water in a MWS glass dish. Select healthy heart menu. Press start.
2. When beeps, add buckwheat and salt. Mix well and press start.
3. When beeps, transfer the cooked buckwheat into a deep bowl. Add the almond milk and whisk well.
4. Add honey and mix well.
5. Top it with the chopped apples evenly over it. Press start again.



HEALTHY HEART LUNCH

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METHI MISSI ROTI

Preparation Time: 35-40 min. | **Cooking Time:** 3-4 min.

Utensil: Multicook tawa & Low rack

Weight Limit: 2 Pcs

Ingredients:

- 1 cup Besan
- ¼ cup Plain flour
- ¾ cup Whole wheat flour
- ½ cup Finely chopped onions
- ½ cup Shredded fenugreek leaves
- 1 tsp Finely chopped green chillies
- ½ tsp Carom seeds
- Salt as per taste
- 1/8 tsp Oil for kneading
- Whole wheat flour for dusting

Method:

1. Combine all the ingredients together in a bowl and knead into a firm dough using enough warm water. Keep aside for 30 minutes under a wet muslin cloth.
2. Knead again using ghee till smooth and divide into 2 equal portions.
3. Roll out each portion into a thin circle of 125 mm in diameter using a little flour for rolling.
4. Select healthy heart menu and press start (Preheat). Keep tawa on low rack inside Microwave
5. When beeps, keep roti on tawa and press start again.
6. After beep, turn the roti, apply ghee and press start again.
7. Serve hot.



GRILLED VEGGIE ZUCCHINI

Preparation Time: 10 min. | **Cooking Time:** 6 min.

Utensil: Microwave safe (MWS) Glass Bowl & High Rack

Weight Limit: 0.3 kg

Ingredients:

- 1 cup Zucchini, sliced
- 1 cup Carrots, raw, chopped
- 1 cup Mushrooms
- 1 cup Capsicum (yellow, red, green)
- 2 tbsp Olive oil
- 1 tbsp Pepper, black
- 2 tsp Italian Herb (Seasoning mix)
- 1 tsp Salt

Method:

1. Cut all the vegetables in slices.
2. Now in glass bowl take olive oil and put all veggies. Select healthy heart menu and press start.
3. After beep, open the door and mix it again and sprinkle salt and seasoning mix and press start again, transferring the veggies on high rack and tawa.
4. Sprinkle more herbs as per your taste.



SOYA BHURJI

Preparation Time: 10-15 min. | **Cooking Time:** 7-9 min.

Utensil: Microwave safe (MWS) Glass bowl

Weight Limit: 0.3 kg

Ingredients:

- ¼ cup Soya granules
- 2 tsp Olive oil
- 1 tsp Cumin seeds (jeera)
- 1 tsp Finely chopped garlic (lehsun)
- 1 tsp Finely chopped green chillies
- ½ tsp Finely chopped ginger (adrak)
- ¼ cup Finely chopped onions
- ½ cup Finely chopped capsicum (green, yellow)
- ¼ cup Chopped tomatoes
- ½ tsp Turmeric powder
- ¼ tsp Chilli powder
- ½ tsp Garam masala
- Salt as per taste
- 2 tbsp Finely chopped coriander (dhania)

Method:

1. For soaking the soya granules, combine the soya granules, salt and 1½ cup of warm water together in a bowl and keep aside for 5 to 7 minutes.
2. Squeeze the soya granules thoroughly, retain them and discard the drained water. After soaking, the granules are approximately 1½ cup.
3. In a MWS bowl, add the cumin seeds, finely chopped garlic, finely chopped green chillies and finely chopped ginger and keep inside MWO. Select healthy heart menu and press start.
4. When beeps, add the finely chopped onions and finely chopped capsicum & add the tomatoes, turmeric powder, chilli powder, garam masala and salt and ¼ cup of water and press start again.
5. When beeps, add the soaked soya granules, mix well and press start.
6. Serve hot.



BROWN RICE RISOTTO

Preparation Time: 8 -10 min. | **Cooking Time:** 22-23 min.

Utensil: Microwave safe (MWS) Glass bowl

Weight Limit: 0.3 kg

Ingredients:

- 2 cups Brown rice
- 5 cups Water
- ¼ cup Finely chopped onions
- 2 tsp Finely chopped garlic (lehsun)
- ½ cup Finely chopped Bell peppers (red, green and yellow)
- 2 tsp Corn flour
- 1 cup Low-fat milk
- Salt as per taste
- 1½ tsp Dry red chilli flakes
- 2 tsp Dried oregano
- 2 tsp Grated mozzarella cheese

Method:

1. Dissolve the corn flour in one tablespoon of warm milk and keep aside.
2. In a MWS bowl add onions and garlic, bell peppers. Select healthy heart menu and press start.
3. When beeps, take brown rice in another MWS bowl with water and press start again.
4. After beep is over, add milk, corn flour mixture, salt, oregano, chilli flakes and cheese & press start again.
5. Serve hot.



KADHAI TOFU

Preparation Time: 5 - 8 min. | **Cooking Time:** 7-8 min.

Utensil: Microwave safe (MWS) Glass Bowl


Weight Limit: 0.3 kg

Ingredients:

- 2 tsp Olive oil
- 2 tsp Ginger-garlic paste (adrak-lehsun)
- ½ cup Finely chopped onions
- ¼ tsp Turmeric powder (haldi)
- 1 tsp Coriander-cumin powder (dhania-jeera)
- 1 tsp Chilli powder
- 1 tsp Garam masala
- 1 tsp Dried fenugreek leaves (kasuri methi)
- ½ cup Fresh tomato puree
- ¼ cup Sliced capsicum
- 300g Tofu, cut into thick strips
- ½ tsp Sugar
- 2 tbsp Low fat cream
- Salt as per taste
- 2 tbsp Chopped coriander for garnishing

Method:

1. In a MWS bowl add oil, ginger-garlic paste and onions, turmeric powder, coriander, curmin seeds powder, chilli powder, garam masala and dried fenugreek leaves. Select healthy heart menu and press start.
2. After beeps, add the tomato puree and ¼ cup of water and press start again.
3. When beeps, add the capsicum, tofu, sugar, cream, salt and ¼ cup of water, mix lightly and press start again.
4. Serve hot garnished with coriander.



DHANSAK DAAL VEG

Preparation Time: 10 -12 min. | **Cooking Time:** 22-26 min.

Utensil: Microwave safe (MWS) Glass Bowl | **Weight Limit:** 0.3 kg

Ingredients:

- ½ cup Toovar (arhar) daal washed & drained
 - 2 tsp Yellow moong dal (split yellow gram), washed and drained
 - 2 tsp Masoor dal (split red lentil), washed and drained
 - 2 tsp Urad dal (split black lentils), washed and drained
 - ¼ cup Chopped brinjals (baingan)
 - ¼ cup Chopped bottle gourd (lauki)
 - ¼ cup Chopped red pumpkin (kaddu)
 - ¼ cup Finely chopped spring onions (whites and greens)
 - ½ cup Chopped tomatoes
 - Salt as per taste
 - 2 tbsp Tamarind pulp (imli)
- To be ground into a smooth paste (using 2 tbsp water)**
- 4 pcs Garlic (lehsun) cloves
 - 3 pcs Whole kashmiri dry red chillies
 - 1 tsp Coriander (dhania) seeds
 - ½ tsp cumin seeds (jeera)
 - 1 pc Green chilli
 - 4 pcs Pepper corns (kali mirch)
 - 4 pcs Cloves (laung)
 - 1 pcs Cardamom (elaichi)
 - 1 tbsp Chopped coriander (dhania)

Method:

1. Combine the toovar daal, yellow moong daal, masoor daal, uraddaal, 2 cups of water, potatoes, brinjal, bottle gourd, red pumpkin, tomatoes, spring onions whites and greens and salt in a MWS bowl and cover. Healthy heart menu press start. After beeps, let it cool.
2. Blend in a mixer to smooth daal-vegetable mixture. Keep aside after cooling.
3. In another MWS bowl, add prepared paste & press start again.
4. When beeps, now add daal-vegetable mixture, ½ cup water, mix well and add tamarind pulp. Press start again, stirring once in between.
5. Serve hot.



TOMATO METHI RICE

Preparation Time: 6 - 8 min. | **Cooking Time:** 17-18 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- 300g Rice
- 500ml Water
- 1 pc Onion, thinly sliced
- 1 tbsp Grated Ginger
- 4 pc Cloves Garlic
- 3 pc Tomato, finely chopped
- 2 cups Methi leaves, roughly chopped
- 1 tsp Red Chilli powder
- 2 tsp Coriander (Dhania) powder
- 1 tsp Garam masala powder
- 1 pc Cinnamon stick (Dalchini)
- 2 pc Cloves (laung)
- 1 pc Cardamom (elaichi) pods/seeds
- 2 tbsp Ghee
- Salt as per taste

Method:

1. In a MWS bowl, add rice and water. Cover. Select healthy heart menu. Press start.
2. When beeps, in another MWS bowl, add ghee, onion, ginger, garlic, cinnamon sticks, cloves, cardamom, tomatoes, red chillies, coriander, garam masala powder, chopped methi and press start again.
3. When beeps, mix well, add rice and cooked masala and mix well. Press start again. (Add more water if dry)
4. Serve hot.



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HEALTHY HEART SNACKS

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HEALTHY RAGI PIZZA

Preparation Time: 4 -5 hours. | **Cooking Time:** 12-16 min.

Utensil: Multicook Tawa & Low Rack & High Rack | **Weight Limit:** 1 Pc.

Ingredients:

- 6 tbsp Cheese (mozzarella + processed) grated
- ½ cup Millet (ragi) flour
- ½ cup + for dusting Refined flour (maida)
- Oil for greasing
- ½ tsp + to taste Salt
- 7 g Fresh yeast
- ½ tsp Sugar
- 1 small pc Green capsicum
- 1 small pc Red capsicum
- 1 small pc Yellow capsicum
- 2-3 tbsp Pizza sauce
- ½ small Yellow zucchini sliced
- ½ small Green zucchini sliced
- 2 tbsp Corn kernels
- Black olive slices as required

Method:

1. Sift together refined flour, milled flour and ½ tsp salt into a bowl.
2. Take yeast in another bowl. Add some warm water and sugar, mix well and set aside till it activates.
3. Make a well in the flour mixture and pour the activated yeast in it. Mix and knead into a soft dough using water as required. Place in a bowl, cover with a damp muslin cloth and set aside in a warm place to prove.
4. Cut the capsicum into small pieces.
5. Dust the worktop with some refined flour, place the proved dough on it and knockback (twice). Roll out into a medium thick square, dusting with flour.
6. Place the square on the greased baking tray. Spread pizza sauce on it and top with 3 tbsps mixed cheese, zucchini slices (reserve some), capsicum and corn kernels. Sprinkle some salt and top with remaining mixed cheese. Prepare a funny face using the reserved zucchini slices, capsicum juliennes and olive slices (eyes).
7. Now select healthy heart menu and press start. (Preheat)
8. When beeps, keep the pizza on tawa and low rack & press start.
9. After beeps, keep tawa on high rack and press start again.



SAFFRON POTATOES

Preparation Time: 5 min. | **Cooking Time:** Preheat time + 5-8 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 0.3 kg

Ingredients:

- 4 large pcs Potatoes (cut into wedges)
- 1 tbsp Olive oil
- 1 pinch Saffron strands (crushed properly)
- Salt as per taste
- 1 tsp Chilli flakes

Method:

1. Cut the potatoes in wedges.
2. Add the salt, pepper, saffron, seasoning to coat the potatoes. Now keep in MWO on tawa on low rack. Select healthy heart menu and press start.
3. After beep is over, turn the wedges and press start again.
4. Serve with ketchup.



BROCCOLI TIKKI

Preparation Time: 5-6 min. | **Cooking Time:** 7-10 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- 500g Broccoli
- 4 medium Potatoes, washed with skin on
- 1 tbsp Oil
- 2 tsp Cumin powder
- 1 tsp Coriander seeds
- 1 tsp Salt
- 2 pcs Green chillies, finely chopped
- ½ tsp Turmeric
- 1 tsp Chaat masala
- 3 pcs Spring onions
- Fresh coriander handful

Method:

1. Add shredded broccoli and mashed potatoes & Sprinkle in salt / red chilli powder, chaat masala, cumin powder.
2. Now make tikkis out of it.
3. Now keep tikkis on high rack on tawa. Select healthy heart menu and press start.
4. When beeps, turn tikkis, apply oil brushing and press start again.
5. When beeps, again turn and press start.



FLAVOURED SOYA MILK

Preparation Time: 3 hours | **Cooking Time:** 5 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 500 ml

Ingredients:

- 1 cup Soya beans
- 3 cup Water
- 1 drop Vanilla essence

Method:

1. Wash and soak the soya beans in water for at least 3 hours.
2. Drain out all the water.
3. Blend in a mixer with 3 cups of water to a fine puree.
4. Strain through a fine strainer to extract the milk.
5. Now add vanilla essence. Select healthy heart menu and press start.
6. Have it hot.



CARROT AND MOONG DAL SOUP

Preparation Time: 5 min. | **Cooking Time:** 15 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- 1 cup Chopped carrots
- ½ cup Green moong daal (split green gram) washed and drained
- 1 tsp Olive oil
- 4-5 pcs Black peppercorns (kalimirch)
- ½ cup Sliced onions
- 2 tsp Finely chopped garlic (lehsun)
- ¼ cup Chopped tomatoes
- ¾ cup Low-fat milk
- Salt as per taste
- 1 tsp Freshly ground black pepper

Method:

1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select healthy heart menu and press start.
2. Add the carrots, green moong daal, salt and ½ cup of water and mix well. Press start again. After beeps, grind the paste.
3. Add the coriander-cumin seeds powder and chilli powder and mix well. Add milk, cover and press start again.
4. Serve hot.



GLUTEN FREE PASTA

Preparation Time: 8 -10 min. | **Cooking Time:** 16-17 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

For the Sauce

- ½ cup Fresh tomato puree
- 2 tsp Olive oil
- 1 cup Finely chopped onions
- 1 tbsp Finely chopped garlic (lehsun)
- ½ tsp Chilli power
- 1 tsp Sugar
- Salt as per taste

Other Ingredients

- 1 tsp Olive oil
- 2 tsp Finely chopped garlic (lehsun)
- ¼ cup Finely chopped capsicum (green, yellow, red)
- ¼ tsp Dry red chilli flakes (paprika)
- 3 cups Gluten-free pasta (readily available)
- ¼ cup Mushroom, zucchini

Method:

1. Take gluten-free pasta in a MWS bowl, add oil and salt. Select healthy heart menu and press start.
2. After beep is over, strain the pasta.
3. Now add onion, garlic, oil, capsicum, mushroom, zucchini and press start again.
4. When beeps, mix pasta, cooked vegetables and add tomato puree & press start.
5. Serve hot.



GARLIC CELERY TOAST

Preparation Time: 5 min. | **Cooking Time:** Preheat time + 15 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 4 pcs

Ingredients:

- 4 pcs Whole wheat bread slices

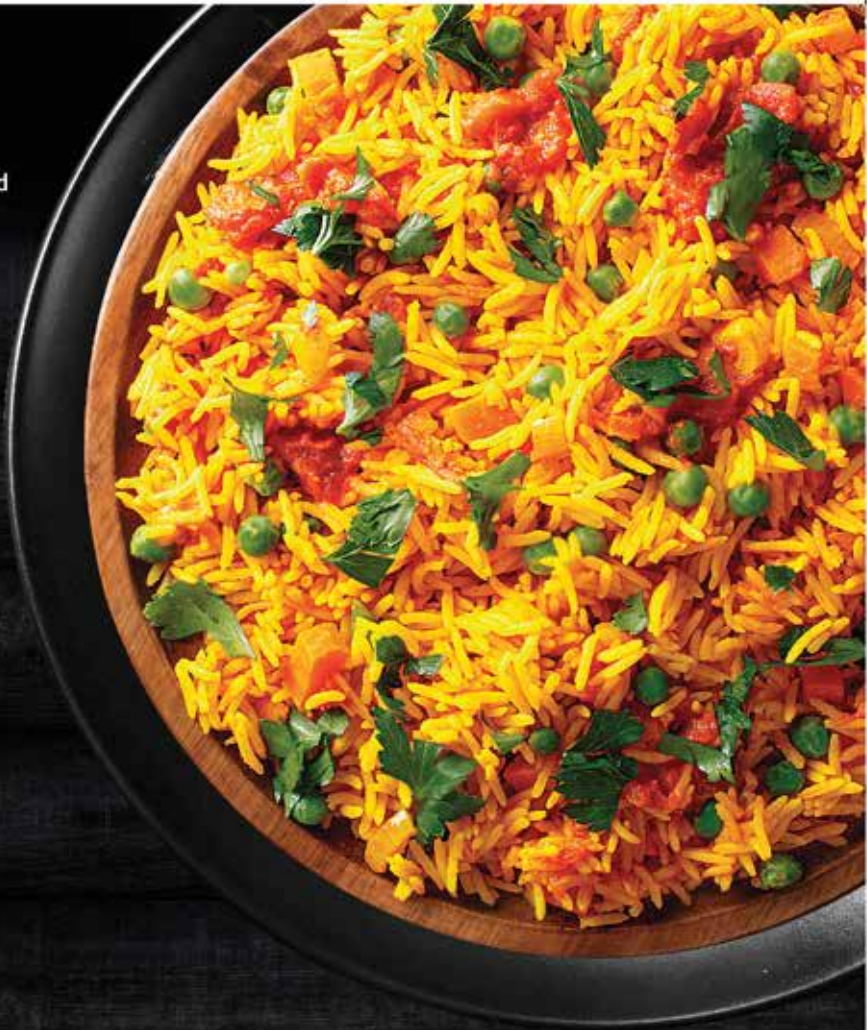
For the Celery Garlic Spread

- ¼ cup Chopped celery (ajmoda)
- 2 tsp Rough chopped garlic (lehsun)
- 1 tsp Low-fat butter
- Salt as per taste

Method:

For the celery garlic spread

1. For the celery garlic spread, combine all the ingredients and blend in a mixer to a coarse paste without using water. Divide it into 4 equal portions and keep aside.
2. Place the bread slices on a clean, dry surface and apply 1 portion of celery garlic spread evenly on each bread slice.
3. Now select healthy heart menu and press start (preheat).
4. When beeps, keep the bread slices on tawa with high rack and press start again.
5. Have them with coffee or tea (low sugar).



HEALTHY HEART DINNER

Certified by Heart Care Foundation of India



MASOOR PULAO

Preparation Time: 8 min. | **Cooking Time:** 23 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

For the Rice

- 1 cup Brown rice, soaked for 30 minutes and drained
- 2 pcs Bay leaves
- 2 pcs Cinnamon stick
- 4 pcs Cloves (laung)
- 2 pcs Cardamoms
- ½ cup Onion and Tomatoes
- 1 tsp Cumin seeds
- 1 tsp Coriander
- ½ cup Brown rice
- ¼ cup Masoor daal
- 5 cup Water
- ½ cup Low-fat milk

For the garnish

- 1 tsp Finely chopped coriander (dhania)

Method:

1. In a MWS bowl, add rice, masoor daal and water. Select healthy heart menu and press start.
2. When beeps, in a MWS bowl add onion, tomatoes, cumin seeds, coriander, cloves, cinnamon, cardamom, ginger-garlic paste and press start again.
3. When beep is over, add low-fat milk, rice-daal mixture and cooked paste in a bowl and mix well. Press start again (adding water if required).
4. Serve with curd or raita.



KALE AND CHIKPEA CURRY

Preparation Time: 12 - 15 hours. | **Cooking Time:** 23 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- 1-2 tbsp Olive oil
- ½ tsp Mustard seeds
- 1 large pc Onion, diced
- 4 pcs Garlic cloves, crushed
- 4 plum Tomatoes, diced
- 200 g Chickpeas drained and rinsed
- Salt as per taste
- 1 heaped tsp Coriander seeds, crushed
- 1 pc Green chilli, chopped
- 1 tsp Red chilli powder
- 1 tsp Turmeric
- 200 g Kale, chopped
- 1 pc Green chilli, sliced for garnish

Method:

1. In a MWS bowl, add chickpeas (soaked overnight). Select healthy heart menu and press start. (You can use boiled chickpeas also)
2. After beeps, in another bowl add oil, mustard seeds, cumin seeds, onion, garlic, tomatoes, kale, green chilli and press start again. (Add some water if required)
3. When beeps, mix the chickpeas and cooked mixture. Cover and press start again. (Give standing time of 10 minutes)
4. Curry is ready to be served.



STUFFED KARELA

Preparation Time: 18 -20 min. | **Cooking Time:** 16 min.

Utensil: MWS bowl & Multicook Tawa & High Rack | **Weight Limit:** 4 pcs

Ingredients:

- 4 pcs Bitter gourds (karela)
- 1 tsp Cumin seeds, crushed
- 1 large pc Onion, finely chopped
- 3 tbsp Mustard oil
- 4 pcs Cloves garlic, finely chopped
- 1 tbsp Ginger, finely chopped
- 1 tsp Salt
- 2 pcs Chillies, chopped
- 1 tsp Turmeric
- 1 tsp Amchoor
- 1 tsp Coriander seeds, crushed
- 1 tsp Fennel seeds, crushed
- 1 tbsp Besan

Method:

1. Prepare the karela by washing and drying them, using a peeler peel off the bumpy green skin and keep in a bowl.
2. Slice open the tummy of each karela without going all the way through and scrape out the inside including the seeds using a teaspoon into the same bowl. This will make the stuffing.
3. In a MWS bowl add oil and add the cumin seeds, ginger, garlic and onions, amchoor, fennel, coriander, chilli, salt and turmeric. Select healthy heart menu and press start.
4. Once cooled use a spoon or your hands and stuff the skins with equal amounts of the mixture. Hands are better as you will also cover the outside with the juices and oils from the stuffing as well.
5. Press the stuffing into the skins. You can use a little cotton thread to wrap around each one to help hold their stuffing in.
6. Now keep the stuffed karelas on greased multicook tawa & high rack and press start again.
7. When beeps, brush it with oil and turn kareals & press start again.
8. After beep, remove the tawa and serve hot.



GAWAR-FALI KI SABZI

Preparation Time: 5 min. | **Cooking Tim:** 9 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.2 kg

Ingredients:

- 2 cups Cluster beans (gavarfali), cut into 25 mm
- 2 tsp Oil
- ½ tsp Cumin seeds (jeera)
- ½ cup Chopped onions
- 1 tsp Garlic (lehsun) paste
- ¼ tsp Turmeric powder (haldi)
- Salt as per taste
- 2 tsp Coriander-cumin seeds (dhania-jeera) powder
- 1 tsp Chilli powder

Method:

1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select healthy heart menu and press start.
2. When beeps, add the cluster beans, salt and 1/3 cup of water and mix well. Add the coriander-cumin powder and chilli powder and mix well. Cover and press start again.
3. When beeps, remove and mix. Cover and press start again.
4. Serve hot.



FLAX SEED UTTAPAM

Preparation Time: 20 min. | **Cooking Time:** Preheat time + 5 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 1 pc

Ingredients:

- ½ cup Sooji
 - ½ cup Flax seed flour
 - 2 tbsp Besan (Bengal gram flour)
 - 1 tsp Lemon juice
 - 1 pinch Baking powder
 - Salt as per taste
 - ¼ tsp Oil (for greasing and cooking)
- To be mixed into a Topping**
- ¼ cup Chopped onions
 - ¼ cup Chopped tomatoes
 - ¼ cup Chopped capsicum
 - 1 tsp Finely chopped green chillies
 - 2 tbsp Finely chopped coriander (dhania)
 - Salt as per taste

Method:

1. Combine the semolina flour, flax seed flour, besan and ½ cup of water in a deep bowl. Mix well using a whisk. Cover it with a lid and keep aside for 15 minutes.
2. Add the lemon juice, baking soda, 5 tbsp of water and salt & mix well.
3. Pour a ladleful of the batter on the tawa spread in a circular motion to make a 125 mm. thick uttapam.
4. Now select healthy heart menu and press start. (Preheat)
5. After preheat is over, keep tawa on high rack with batter on it and press start.
6. After beep, turn the uttapam by greasing or brushing with little oil/ghee and press start again.
7. Now topping can be added on uttapam according to your taste.



WHOLE WHEAT VEGE- TABALE KHICHDHI

Preparation Time: 7 - 8 hours. | **Cooking Time:** 18-21 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

- ½ cup Whole wheat, soaked for 6 hours (drained & grounded in paste)
- ½ cup Moong daal (soaked for 15-20 minutes and drained)
- 1 tsp Oil
- 2 pcs Peppercorns
- 2 pcs Cloves (laung)
- 25 mm Cinnamon stick (dalchini)
- 1 tsp Cumin seeds (jeera)
- 1 pinch Asafoetida (hing)
- ¼ cup Thinly sliced onions
- 1 cup Mixed vegetables (french beans, carrots and green peas)
- Salt as per taste
- ½ tsp Turmeric powder (haldi)
- 1½ tsp Chilli powder
- 1½ tsp Coriander cumin
- 3½ cup Water

For the garnish

- 1 tbsp Finely chopped coriander

Method:

1. In a MWS bowl add oil, peppercorns, cloves, cumin seeds, cinnamon, asafoetida and onions. Select healthy heart menu and press start.
2. When beeps, add turmeric powder, coriander-cumin seeds, chilli powder, mixed vegetables and press start again.
3. When beeps, add ground wheat + moong daal paste followed by salt and adding required water. Cover and press start again.



BROWN RICE DALIYA

Preparation Time: 20 min | **Cooking Time:** 24-25 min.

Utensil: Microwave safe (MWS) Glass Bowl

Weight Limit: 0.3 kg

Ingredients:

For the Rice

- ½ cups Brown basmati rice soaked for 15 min. then drained
- 3 cups Water
- 1 tbsp Pure ghee
- 2.5-3 cups Almond milk
- 3-4 tbsp Raw cashews
- 3 drops Stevia
- 2-3 tbsp Chopped raw nuts like cashews, pistachios
- 2-3 tbsp Currants or raisins

Method:

1. In a MWS bowl, take brown rice and water. Select healthy heart menu and press start.
2. When beeps, in another MWS bowl, add ghee & almond milk and press start again.
3. When beep is over, add nuts, cashews, stevia, raisins. Cover and press start again. (More water or milk may be added if required)
4. Serve warm or chilled. Garnish with almond silvers / pistachio silvers.



LG

Life's Good

A large, close-up photograph of a dark-colored plate filled with a generous amount of golden-brown flaxseeds. Some seeds have spilled out onto the dark wooden surface below the plate.

HEALTHY HEART SUPPLEMENT

Certified by Heart Care Foundation of India



ROASTED GARLIC

Preparation Time: 5 min | **Cooking Time:** 5 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 0.2 kg

Ingredients:

- 200g Raw garlic
- Olive oil for brushing
- Salt and Pepper as per taste

Method:

1. Cut the top off each head of garlic, exposing the cloves within.
2. Place the garlic heads on tawa and drizzle with olive oil. Sprinkle lightly with salt and pepper.
3. Pour in about 1½ tbsps water for each head of garlic.
4. Keep the tawa on high rack. Select healthy heart menu and press start.
5. When beeps, remove the tawa.
6. Can be consumed directly or as side dish.



ROASTED FLAX SEEDS

Preparation Time: 2 min | **Cooking Time:** Preheat time+ 13-15 min.

Utensil: Multicook Tawa & High Rack

Weight Limit: 0.2 kg

Ingredients:

- 200g Flax seed
- Olive oil for brushing

Method:

1. Take flax seeds and spread over metal tray.
2. Apply oil brushing over the seeds.
3. Now select healthy heart menu and press start. (Preheat)
4. After beeps, keep the tawa inside Microwave (Tawa + High Rack)
5. After beeps, the tawa and let them cool.
6. Roasted flax seeds can be consumed directly on can be crushed into powder.



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