

Heart-healthy Indian Meal

- *Chicken Korma*
- *Bharta (Smoked Eggplant, Punjabi-style)*
- *Zucchini Raita*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 454	
Total Fat 18 g	
Saturated Fat 4 g	
Monounsaturated Fat 6 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 182 mg	
Sodium 727 mg	
Potassium 1211 mg	
Total Carbohydrate 25 g	
Dietary Fiber 9 g	
Sugars 13 g	
Added Sugars 0 g	
Protein 48 g	
Vitamin A	16%
Vitamin C	40%
Calcium	14%
Iron	19%

Chicken Korma (modified from Dr. Kaul's cousin's recipe)

Makes 6 servings

Ingredients

- 6 bone-in chicken thighs
- 2 garlic cloves, peeled
- 1-inch ginger root, peeled
- 2 medium yellow onions, chopped
- 3 green cardamom pods
- ½-inch cinnamon stick
- 1 bay leaf
- 3 whole cloves
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon chili powder
- ¼ teaspoon ground cumin
- Pinch of nutmeg
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 tablespoon sour cream
- 1 tablespoon blanched, slivered almonds

Preparation

Remove the skin from the chicken thighs and trim away any fat. Poke 5 to 6 holes in each chicken thigh with the tip of a knife; set aside.

Grate the garlic and ginger in a food processor or using a grater. Transfer to a bowl along with the onion; set aside.

Crush the cardamom, cinnamon, and bay leaf with a mortar and pestle and place in a small bowl along with the cloves. Set aside.

In a separate small bowl, add turmeric, coriander, salt, chili powder, ground cumin, and nutmeg. Set aside.

In a large saucepan, heat oil over medium heat. Add cumin seeds and cook until they turn light brown. Add the onion-garlic-ginger mixture, and stir for several minutes until the onions are golden brown. Stir in the crushed cardamom-bay leaf-cinnamon-clove mixture, and stir for 1 to 2 minutes. Add chicken and stir, turning every 1 to 2 minutes until golden brown. Add the powder mixture of turmeric, chili, coriander, cumin, nutmeg, and salt, and stir until the spices evenly coat the chicken on both sides. Add sour cream, reduce heat to low, and simmer for 20 minutes. Add the slivered almonds, stir, and cook for another 10 minutes.

Nutrition Facts	
Amount Per Serving	
Calories 311	
Total Fat 14 g	
Saturated Fat 3 g	
Monounsaturated Fat 5 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 182 mg	
Sodium 384 mg	
Potassium 563 mg	
Total Carbohydrate 5 g	
Dietary Fiber 1 g	
Sugars 2 g	
Added Sugars 0 g	
Protein 39 g	
Vitamin A	2%
Vitamin C	5%
Calcium	4%
Iron	12%

Bharta (Smoked Eggplant Punjabi Style)

Makes 8 servings

Ingredients

- 2 tablespoons vegetable oil
- 3 long Italian eggplants (do not substitute other type)
- 1 cup fresh or frozen green peas (thawed, if frozen)
- ½ bunch of cilantro
- 2 Roma tomatoes
- 1 jalapeño pepper (2 if you like more heat), left whole
- 6 garlic cloves, peeled
- 1 ½-inch ginger root, peeled
- 1 teaspoon ground coriander
- ¾ teaspoon ground turmeric
- ¾ teaspoon garam masala
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 1 red onion, chopped (do not use food processor)

Preparation

To smoke the eggplant, use metal tongs to hold the whole eggplant directly over a flame, rotating to burn/char the entire skin. This can also be done directly over hot charcoal (but do not use the oven or top of a grill).

Allow eggplant to cool, then wash/scrape away the burnt skin. Discard the skin, and place the flesh in a medium bowl. Mash the eggplant flesh by hand, then stir in the green peas and jalapeño.

Pick the leaves of the cilantro (discard stems) and put in food processor. Add the tomatoes to the food processor and pulse the mixture until chopped. Transfer to a bowl; set aside. Wipe out the food processor bowl.

Place the whole garlic cloves and ginger in the food processor. Pulse until chopped; set aside.

Combine the coriander, turmeric, garam masala, cumin, and salt in a measuring cup; set aside.

Heat oil over medium heat, then add the onion and garlic-ginger mixture. Stir for several minutes until onion is golden brown, then add the tomato-cilantro mixture. Cook, stirring, for another couple of minutes. Add the spice mixture from the measuring cup, and cook, stirring, for another 2 minutes. Add the eggplant-pea-jalapeño mixture, and bring to a boil. Reduce heat to low and simmer for 15 minutes.

Note: The main flavor should be the smoky flavor of the eggplant, therefore, the spices are used with restraint.

Nutrition Facts	
Amount Per Serving	
Calories 102	
Total Fat 4 g	
Saturated Fat 1 g	
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 172 mg	
Potassium 518 mg	
Total Carbohydrate 16 g	
Dietary Fiber 7 g	
Sugars 8 g	
Added Sugars 0 g	
Protein 3 g	
Vitamin A	12%
Vitamin C	20%
Calcium	3%
Iron	6%

Zucchini Raita

Makes 8 servings

Ingredients

- 2 small zucchinis, trimmed
- ½ teaspoon salt
- ¾ teaspoon ground black pepper
- 1 pint (16 ounces) fat-free plain Greek yogurt

Preparation

Grate the zucchini in a food processor or with a box grater (do not peel). Transfer to a medium bowl along with salt and pepper. Stir to combine, then let the mixture sit for 30 minutes.

Transfer zucchini to a colander lined with paper towels. Squeeze well to remove excess water, then transfer the zucchini back to the bowl.

Add the yogurt to the bowl, and stir well to combine.

Nutrition Facts	
Amount Per Serving	
Calories 41	
Total Fat 0 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 171 mg	
Potassium 130 mg	
Total Carbohydrate 4 g	
Dietary Fiber 1 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 6 g	
Vitamin A	2%
Vitamin C	15%
Calcium	7%
Iron	1%