



#FOOD

# Leafy vegetable recipes

Vegetables are plants or parts of plants that are used as food. The term vegetable has through usage come to apply in a narrower sense to those plants or parts of plants that are served raw or cooked as a part of the main course of a meal.

Vegetables supply many nutrients besides providing variety to the diet. They make dishes attractive with their colour, texture and flavour. In addition, vegetables are called "protective foods," as they are rich in minerals and vitamins. Nutritionally they are classified into 3 groups— green leafy, roots and tubers, and others.

Leaves are the manufacturing organs of a plant where the life-giving process of photosynthesis takes place. In the cells, photosynthesis transforms elements into carbohydrates, which are carried to other parts of the plants. The leaves are consequently low in carbohydrates and energy but they are good sources of B-carotene, calcium, riboflavin, folic acid, ascorbic acid, iron, and vitamin.

## NUTRITIVE VALUE OF GREEN-LEAFY VEGETABLES

Generally, green leafy vegetables are good sources of vitamins and minerals. They are excellent in carotenes, which are converted to vitamin A.

Greens are good sources of B vitamins, particularly riboflavin and folic acid.

They contain vitamin C and can be used as substitute for fruits, if needed.

Green-leafy vegetables are also rich in iron and fibre, which helps in preventing degenerative diseases.

## CRISPY SPINACH CHIPS

### Ingredients

20-25 spinach leaves  
1 cup flour  
2 tbsp cornstarch  
1 cup chicken stock  
1 tsp garlic powder  
1 tsp pepper powder  
Salt to taste

Oil for deep frying

### Method

In a medium bowl, mix all the ingredients except leaves and oil. Mix well until evenly distributed. In a pan, heat oil over medium heat. Dip the spinach into the mixture. Fry for about 1-2 minutes until golden brown. Flip and continue frying until all sides are crispy. Remove spinach chips from pan and drain on paper towels.

## RED SPINACH (LAL SHAK) WITH COCONUT



### Ingredients

½ kg red spinach  
4 garlic cloves, chopped  
¼ cup onion, chopped  
¼ cup grated coconut  
4 green chillies, chopped  
¼ tsp turmeric powder  
2 tbsp oil  
Salt to taste

### Method

Pluck the leaves with the tender stems. Then rinse these very well in water, and drain. Chop finely and keep aside. Heat oil in a pan, add the chopped onions, garlic and chillies. Stir well and sauté until onion

is translucent. Add turmeric powder and stir. Add red spinach and salt, and stir well. Cover the pan with a lid and cook on low flame. When the leaves are softened and cooked, add grated coconut. Mix well and cover. Simmer on low flame for 2-3 minutes. Switch off the flame. There should be no water in the dish. Check the taste and add more salt if required. Serve with plain rice.

## DATA SHAK-ER BHORTA

### Ingredients

1 bundle data shak (green amaranth)  
1 tbsp grated onion  
½ tsp grated garlic  
4 pieces dry red chillies (roasted)  
2 tbsp mustard oil  
Salt to taste

### Method

Cut and wash the data shak. Boil the shak with a pinch of salt until the water is fully reduced and cooled down. Now mash the shak with other ingredients and make a mash. Serve it with plain rice.

## ARUM LEAVES WITH HILSA FISH

### Ingredients

2 bundle arum leaves  
6 pieces hilsa fish  
½ cup grated onion  
1 tsp grated garlic  
2 tsp red chilli powder  
1 tsp turmeric powder  
4 pieces green chillies  
½ cup oil  
Salt to taste

### Method

Cut and wash the arum leaves. Boil with a pinch of salt and keep it aside. Heat oil in a pan, add the onion and garlic; and fry until brown. Now add other spices and the hilsa fish to it, cook for few minutes with a little water. When the water is reduced, add boiled arum and keep stirring continually. When the water is fully reduced and the mixture separates from the pan, remove from heat to serve.

## CABBAGE WITH MUTTON

### Ingredients

1 cabbage (large size)  
1 kg mutton  
½ cup sliced onions  
2 tsp garlic paste  
1 tbsp ginger paste  
1 tsp cumin paste  
1 tsp garam masala powder  
3 tsp red chilli powder  
1 tsp turmeric powder  
3 pieces bay leaves  
1 cup oil  
Salt to taste

### Method

Grate and wash the cabbage and drain in a colander. Cut and wash the mutton pieces. Mix all ingredients except the cabbage, and leave the mixture to marinate for half an hour. Now cook the mutton for 20 minutes with some water. When the water is reduced, add grated cabbage, and cook them on low heat for 10 minutes. After 10 minutes, turn the curry and cook for another 10 minutes. When the meat is tender and the oil floats to top, remove the pan and serve.

## PUMPKIN LEAF ROLL

### Ingredients

10 pumpkin leaves  
1 cup chopped shrimps  
½ cup grated onions  
½ tsp grated garlic  
2 tsp chopped green chillies  
2 tbsp chopped coriander leaves  
½ cup oil  
Salt to taste

### Method

Wash the leaves and keep aside. Mix all ingredients except the oil. Make a shrimp mixture. Take a leaf at a time, put the shrimp mixture on the side of the leaf and roll it. Tie up with a piece of thread. Heat oil in a pan, fry the roll evenly until cooked. When the roll is done, untie the threads and serve.

Photo: Sazzad Ibne Sayed  
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