

DESHI MIX
BY SALINA PARVIN



Getting calcium-rich

The element that takes the atomic number 20, calcium is essential for all living beings.

Calcium continues strengthening our bones until we reach the age of 20-25 years, or when our body mass reaches its peak.

After that age, this element helps bone maintenance as well as slowing down bone-density loss, which is a natural part of the ageing process.

People whose calcium intake is inadequate before the age of 20-25, have a considerably higher risk later of developing brittle-bone disease or osteoporosis, as calcium is drawn from the bone that ideally acts as a reserve.

Calcium regulates muscle contraction, including the heartbeat. It also plays a key role in normal blood coagulation (clotting).

How much calcium should we consume each day?

Age 0 to 6 months: 200mg per day

Age 7 to 12 months: 260mg per day

Age 1 to 3 years: 700mg per day

Age 4 to 8 years: 100mg per day

Age 9 to 18 years: 1300mg per day

Age 19 to 50 years: 1000mg per days

Breastfeeding or pregnant women: 1000mg per day

Age 51 to 70 years (male): 1000mg per day

Age 51 to 70 years (female): 1200mg per day

Age 71+ years: 1200mg per day

Sources of calcium are numerous and include:

-Milk, yoghurt, and cheese.

-Kale, okra, dark leafy greens, broccoli and Chinese cabbage.

-Fish with soft bones.

-Most grains (food like breads, pasta, and unfortified cereals).

-Calcium is artificially added to breakfast cereals, fruit juices, soy and rice beverages and tofu.

-White beans, dried figs, blackstrap molasses, black-eyed peas, almonds, orange, turnip greens and sesame seeds.

LENTIL AND SPINACH SOUP

Soups are a lovely way to start a meal. Not only do they temper your tummy, but also make room for some friendly conversation at the dining table before concentrating on the main meal.

Here is a nutritious and appetising soup, rich in calcium. This healthy soup hosts an abundance of calcium from lentils and spinach. Try it once and you are sure to go for a second helping.

Ingredients

3/4 cup split red lentil (masoor dal), washed and drained

1 cup chopped spinach

2 garlic cloves, crushed

1/2 cup sliced onions

1 cup roughly chopped tomatoes

1/2 cup milk

1/2 tsp chilli powder

Salt to taste

For serving -

Whole wheat bread sticks

Method

Combine garlic and onions in a pan and dry roast on a medium flame for a few seconds. Add tomatoes, lentil along with 2 cups of water, mix well and cook for 10 minutes. Keep aside to cool. Once cooled blend in a mixer to a smooth purée.

Transfer the purée to a deep pan, add milk and chilli powder, spinach, salt and 1 cup of water, mix well and bring to boil. Cook on a medium flame for 2 minutes, while stirring occasionally. Serve hot with whole wheat bread sticks.



Nutrient value per cup

183 calories energy; 179.2mg calcium; 10.5g protein; 24.2g carbohydrate; 3.7g fat.

CHEESE AND GREEN PEA BIRYANI

Cheese is a show-stealer! Undoubtedly one of my favorites.

Layers of rice and spicy cheese make this biryani a real delicacy. And roasted onions add a yummy touch of the brown rice. I have used low-fat milk and cheese to enhance its calcium and protein content, even while curbing the calories. To keep the cheese soft, place it in warm water for few minutes and then use it.

Ingredients

For the cheese and green pea mixture;

1/2 cup low-fat cheese, cubes

1/4 cup boiled green peas

1/4 cup finely chopped onions

1 tsp chilli-garlic paste

1/2 tsp ginger-green chilli paste

1/2 cup fresh tomato pulp

1/2 tsp chilli powder

1/2 tsp garam masala powder

1/2 tsp dried fenugreek leaves

A pinch of sugar

Salt to taste

For the onion brown rice -

2 1/4 cups cooked brown rice

1/2 cup finely chopped onions

Salt to taste

3 tbsp milk, 2 tsp butter

Method

For the cheese mixture -

Heat a non-stick pan on a medium flame, and add onions and dry roast till they turn light brown. Add the chilli-garlic paste, ginger-green chilli paste and 1 tbsp of water and dry roast for about 1 minute. Add the fresh tomato pulp, chilli powder, garam masala powder, sugar and dried fenugreek leaves, mix well and cook for 3 minutes.

Add 1/4 cup of water and cook for another 2 minutes. Add the cheese, green peas and salt, mix gently and cook for 2 minutes. Remove from heat and keep aside.

For the onion brown rice -

Heat a deep non-stick pan on a medium flame and when hot, add onions and dry roast on medium flame for 2 minutes. Add the cooked brown rice and salt, mix well and cook for 1 minute. Divide the rice into two equal portions and keep aside.

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