

For the biryani -

Spread one portion of the brown rice evenly at bottom of a glass baking bowl. Spread the cheese mixture evenly over it. Spread the other layer of brown rice evenly over the cheese mixture and pour the milk and butter evenly over it. Cover with a lid and bake in a pre-heated oven at 200 degree C for 10 minutes. Serve immediately.

Nutrient value per serving

154 kcal energy; 64.8mg calcium; 31.4gm carbohydrates; 1.0g invisible fat; 3.2g fibre

MUSHROOM AND CORIANDER CURRY

Coriander is a great match for mushrooms. It really perks up the flavours and complements its colour too, making the dish visually and gastronomically appealing. The excitement is multiplied, thanks to a spicy paste of onions and cauliflower, which works well along with fenugreek leaves and garam masala to make this mushroom and coriander curry a top-ranking main course.

Low-fat milk, curds and coriander make this recipe a good source of calcium, while the low-cal benefits of mushrooms make it suitable for weight-watchers too. In short, this dish is not only easy to make and fun to it, but also healthy for your bones.

Ingredients

- 2 cups mushroom, cut into quarters
- ½ cup chopped coriander
- ¼ cup low-fat milk, ¼ cup low-fat curds
- ½ tsp chickpeas flour, ½ tsp cumin seeds
- ¼ cup dried fenugreek leaves (kasuri methi)
- ¼ tsp garam masala
- Salt to taste

For the paste -

- 1 cup sliced onions
- ¼ cup finely chopped cauliflower
- 1 tbsp roughly chopped green chillies
- 1 tsp chopped ginger
- 1 stick cinnamon, 1 clove, 1 cup low-fat milk

Method



For the paste -

Combine all ingredients in a non-stick pan, mix well and cover with a lid and cook on a medium flame for 8-10 minutes, while stirring occasionally. Allow the mixture to cool completely. Once cooled, blend in a mixture to a smooth paste. Keep aside.

Combine the milk, curds and chickpea flour in a deep bowl, mix well and keep aside. Heat oil in a broad non-stick pan, add the cumin seeds, and kasuri methi, and sauté on a medium flame for a few seconds. Add the prepared paste and sauté on a medium flame for 2 to 3 minutes. Add the curds mixture, garam masala and salt, mix well and cook for 2 minutes. Now add the mushrooms and coriander, mix well and cook for 5 minutes on medium flame while stirring occasionally. When it is done, serve hot.

Nutrient value per serving

58 kcal energy; 127.2mg calcium; 3.8g protein; 7.8g carbohydrate; 1.5g fat

FRESH FRUIT RAITA

This sweet and delicious raita makes use of curd, which is a powerhouse of calcium. A cup of low-fat curd meets 25 percent of the adult recommend dietary allowance for calcium. So ensure that you include a cup of curd in your daily intake of food. This raita will ensure that you stock up on calcium through tasty means!

Ingredients

- To be mixed into a dressing -**
- 1½ cups low-fat curds, beaten
- ½ cup low-fat milk
- ½ cup chopped mint leaves
- 1 tsp black salt
- ¼ tsp finely ground pepper
- Salt to taste
- 1¼ cups chopped apple
- 1 tsp lemon juice
- 1¼ cup chopped pineapple
- ½ cup pomegranate

Method

Combine apple and lemon juice in a bowl and mix well. Add pineapple and pome-

granate, toss well and refrigerate to chill. Refrigerate the dressing for at least an hour. Just before serving, add the dressing and toss well. Serve chilled.

MIXED SESAME BAR

Shiny white teeth and robust strong bones need a daily dose of calcium, and what better way to provide this essential nutrient than in the form of a crunchy mixed sesame bar. The ingredients of this bar such as sesame seeds, almonds and jaggery, are all calcium rich foods, which help you avoid and overcome calcium deficiency. I have used a mixture of white and black sesame seeds to give a balanced flavour and attractive appearance to this jar- snack, which is also very handy to carry in a box to school or office, or to munch on when you feel hungry.

Ingredients

- 5 tbsp black sesame seeds
- 5 tbsp white sesame seeds
- ¼ cup thinly sliced almonds, 1 tsp ghee
- ½ cup roughly chopped jaggery

Method

Heat a non-stick pan, add both black and white sesame seeds and dry roast on medium flame for 4 minutes. Keep aside. Heat a small non-stick pan, add the almonds and dry roast on a medium flame for 2 minutes. Keep a side. Heat ghee in a broad non-stick pan, add the jaggery, mix well and cook on a slow flame for 2 minutes, while stirring continuously. Remove from the flame, add the roasted sesame seeds and almonds and mix very well. Immediately transfer the mixture on a greased tray. Roll it out into a 200mm (8") diameter thin circle using a greased rolling pin. Cut it into square pieces using a sharp knife. Allow them to cool completely. Serve or store in an air-tight container till use.

Tip

This bar stays fresh for up to a week when kept in an air-tight container at room temperature.

Photo: Collected

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