

DESHI MIX

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Coloured vegetables

Ever heard of a food item that promises health and exhibits an exciting play of flavour and colour on our plates? We speak of vegetables of unparalleled taste, irresistible colour and loaded with nutrients. They fit easily into our culinary adventures and when added to preparations, bring alive even the most mundane affairs.

Vegetables provide health benefits and are important for the prevention of illnesses. They generally contain little fat, cholesterol or sodium and provide complex carbohydrates, fibre and nutrients.

Most are low in calories, and they contain natural sugar, as opposed to refined sugar, which can cause abrupt fluctuations in your blood sugar level.

Different colours indicate different nutrient profiles, so focus on getting a little of each colour in your diet every day to maximise the nutritional benefits.

The U.S. Department of agriculture recommends filling half of your plate with vegetables and fruits at each meal. They contain variety of nutrients including vitamins, minerals and antioxidants.

RED VEGETABLES

Red vegetables, such as tomatoes, red cabbage, beet, red peppers, red onions, and red potatoes are likely to be rich in antioxi-



dants like lycopene and anthocyanin. A medium raw tomato provides 3.2 micrograms of lycopene, a carotenoid that helps your body make vitamin A.

ORANGE AND YELLOW VEGETABLES

Orange and yellow vegetables such as carrot, pumpkin, yellow peppers, sweet corn, yellow tomato are rich in beta-carotene, which your body converts to vitamin A, nutrients that not only improves night vision, but also helps keep your skin, teeth and bones healthy. They also contain folate, an antioxidant that prevents neural tube defects in unborn infants.

GREEN VEGETABLES

These are good for your eyes, bones and teeth, and their vitamin K content helps your blood to clot properly.

BLUE AND PURPLE VEGETABLES

Blue and purple vegetables like black olives, purple cabbage, eggplants, purple cauliflower, and purple potatoes contain anthocyanin, natural plant pigments with powerful antioxidant properties that may



reduce your risk of cardiovascular disease. They also contain flavonoids and elegendic acid, compounds that may destroy cancer cells. They also fight cancer cells in the lungs, stomach, breasts and pancreas.

WHITE VEGETABLES

White vegetables, including green bananas, cauliflower, cucumbers are high in dietary fibre, helping to protect you from high cholesterol and they may also lower your risk of stroke.

Chop and toss them in garden fresh

salads or make wholesome, sandwiches, to dips, chutneys and even desserts. These are fairly versatile; you may cook it as you please. And just in case you run out of ideas, we have an exciting list of recipes that you can easily pull off.

BEETROOT MILK SHAKE

The radiant beetroot has been identified as a super food due to its immense nutritional value. Beetroot can benefit our health in multiple ways. It is low in calories and has almost negligible fat content. It helps reduce blood pressure, aids in the production of red



blood cells and is a natural blood purifier.

Beetroot is an excellent source of iron and is great for maintaining healthy haemoglobin levels. It has anti-ageing properties and assists in maintaining glowing skin and lustrous hair.

Ingredients

2 beetroots, boiled with skin on, peeled and cut into chunks
2 tbsp sugar syrup
200ml milk, chilled
½ tsp cinnamon powder
2 scoops vanilla ice cream

Method

In a blender make a purée of the beetroot. Add sugar syrup, milk, crushed ice and cinnamon powder. Blend till smooth. Add vanilla ice cream and mix. Serve chilled.

Tip

To ensure that the nutrients and colour of the beetroot remains intact, do not remove its skin before boiling it. Once cooked, rub off the skin under cold running water.

STUFFED CAPSICUM

Capsicum is found in a variety of vibrant colours, which when added to meals, can bring alive even the most mundane preparations. Cultivated and consumed all across the globe, the capsicum comes in different varieties, most of them being yellow, red, orange and green. Capsicum is alternatively and popularly known as bell pepper. It is one of the most widely consumed vegetables across the globe. Rich in vitamin B6, magnesium, lycopene, potassium, folate, and vitamin A and C, this veggie can do wonders for your skin and heart. Including it in your daily diet can help strengthen immunity, lower cholesterol and blood pressure. Regular consumption can also help in revving the metabolic rate.

Ingredients

4 capsicums, de-seeded (red, yellow, green, orange)
2 tsp refined oil
1 tsp cumin
2 onion, chopped
1 tsp ginger, chopped
1 tsp coriander powder
Salt to taste
½ tsp red chilli powder
15 cashew nuts, coarsely bashed
10 raisins
1 tsp butter