



Place a portion of prepared chickpeas in the centre, apply little water on the sides and place another rolled portion over it. Press it very well on the sides to seal it tightly. Repeat steps to make remaining 7 parcels and keep aside for 5 minutes. Arrange the parcels on a greased baking tray at equal intervals, leaving space between each parcel for expansion, and bake them in a pre-heated oven at 200 degree C for 15 minutes. Brush the parcels with butter and serve immediately.

CHICKPEA TIKKA

Tikkas of various types are very popular in Bangladesh and India. Here is a nutritious variant of this all-time favourite dish made with protein and calcium rich ingredients like chickpeas and mint.

Ingredients

2 cups soaked and boiled chickpeas
 1/2 cup chopped mint leaves
 2 tsp finely chopped green chillies
 1/4 cup finely chopped capsicum
 1/2 cup grated carrot
 1/2 cup grated cabbage, 1/2 tsp grated garlic
 1/2 tsp roasted cumin seeds powder
 Salt to taste, 3/4 tsp oil for greasing and cooking

Method

Combine chickpeas, mint leaves and green

chillies in a mixer and blend to a coarse mixture without using water. Transfer the mixture into a deep bowl, add all the remaining ingredients and mix well. Divide the mixture into 15 equal portions and shape each portion into a 50 mm (2") diameter round flat tikka. Heat and grease a non-stick flat pan using 1/4 tsp of oil. Cook each tikka, using 1/4 tsp oil, till they turn golden in colour from both sides. Serve hot with green chutney.

Nutrient value per tikka

Energy- 53 kcal, protein- 2.0 gm, carbohydrate- 7.1 gm, fat- 1.8 gm, fibre- 3.4 gm, calcium- 30.0 mg.

CHICKPEA DIP

Here I have combined chickpeas with beetroot, almonds, curd, garlic and other ingredients to make a beetroot and chickpea dip which feels rich, has a vibrant colour, and dynamic taste too. It has a little bit multiple flavours, tanginess, spiciness, sweetness and a garlicky touch too. Enjoy it with Lavash bread.

Ingredients

1 cup soaked and boiled chickpeas
 1/2 cup peeled and chopped beetroot
 1/4 cup blanched almonds
 1/4 cup hung curds
 1/4 cup olive oil
 4 garlic cloves
 1 tbsp lemon juice
 Salt and freshly ground black pepper to taste
 1/2 tsp olive oil for drizzling.

Method

Combine all ingredients in a mixer with 1/2 cup of water and blend till smooth. Transfer the mixture into a serving bowl. Just before serving, drizzle the olive oil evenly over it and serve chilled with lavash bread.

Nutrient values per tablespoon

Energy- 43 cal, protein- 1.7 g, carbohydrates- 4.6 g, fibre- 1.8 g, fat- 1.8 g, vitamin A- 22.5 mcg, vitamin B3- 0.3 mg, calcium- 32.9 mg, iron-0.4 mg, potassium-13.4 mg, zinc-0.3 mg.



GASSI

Gassi (also spelt as ghassi or gashi) is a popular curry from Mangalore, southern part of India, made using chickpeas, fresh ground spices and coconut. The gassi is typically served with a roti that is thin, crispy, and made using rice flour. You can also eat it with paratha or rice.

Ingredients

1/2 cup chickpeas, dry
For masala paste —
 4 dried red chillies, 2 cloves garlic
 2 tsp coriander seeds
 1/2 cup coconut scrapings
 1/2 tsp tamarind paste
 1/4 tsp turmeric powder, 1/4 tsp salt

For tempering —

1 tbsp coconut oil
 Few curry leaves
 1/4 tsp mustard seeds
 1 pinch asafoetida

Method

Soak chickpeas in plenty of water for 8-10 hours. Drain the chickpeas. In a pan, boil the chickpeas until soft. Keep aside.

In a wok, dry roast red chillies until crisp, along with coriander seeds. In a mixer, grind to a fine paste — the red chillies, coriander seeds, garlic, coconut, tamarind — using up to 1/2 cup of water. Now place the cooked chickpeas in a pan along with the freshly ground spice paste. Add salt, turmeric powder and 1/2 cup of water. Bring to a simmer till curry consistency. For tempering, in a small pan heat the oil, splutter the mustard seeds, add curry leaves, red chillies, fenugreek seeds, asafoetida and transfer it over the curry. Serve hot with roti, paratha or rice.

CHICKPEAS AND BEANS SALAD

This calcium and protein packed treat helps you stay young not only by making up for lost muscle mass, but also by strengthening the bones. The vitamin C in lemon juice also works wonders by improving your immunity, keeping your skin supple and smooth,



and improving the absorption of vitamin D, which is essential for stronger bones. Make the dressing for this salad close to serving time to retain maximum vitamin C.

Ingredients

3/4 cup soaked and boiled chickpeas
 3/4 cup soaked and boiled kidney beans
 3/4 cup broad field beans
 1 cup lettuce, torn into pieces
 2 tbsp processed cheese cubes
 1/2 cup spring onions
 1/2 cup tomato cubes

To be mixed into a dressing —

2 tbsp olive oil
 1/2 tsp dried oregano
 1 tsp finely chopped garlic
 2 tsp lemon juice
 Salt to taste

Method

In a deep bowl, combine all ingredients, accept the dressing, and toss well. Refrigerate for at least 1 hour. Just before serving, pour the dressing over the salad and toss well. Serve immediately.

Nutrient values per serving

Energy- 195 kcal, protein-10.4 gm, carbohydrates- 27.4 gm, fat-5.0 gm, calcium- 178.6 mg.

Photo: Sazzad Ibne Sayed

Food Styling: LS



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