

Delicious, healthy sehri recipes

The holy month of Ramadan always brings with it a wave of festive cheer. The pre-dawn meal, sehri, is the most important meal during Ramadan since that is what one's body thrives on all day. It is imperative that you keep yourself hydrated, consume a well-balanced diet and make the right choice of food and drinks throughout the month for a healthier mind and body.

Here's a handy guide on what you should include in your meal that's keep you fuelled until dusk.

High-carb food

Foods like rice, breads and potatoes are high in complex carbohydrates and take longer to digest and help to keep energy levels up. Avoid too much spice as it may cause heartburn and indigestion.

Fruits and whole grains

Fruits like apples, banana, and apricots are high in fibre and so are grains like chickpeas, oats and wheat. Fibre installs a feeling of fullness and helps prevent constipation.

Dairy products and lean meat

Add protein in your diet in the form of milk, eggs, chicken, yoghurt and lentils. This will help strengthen your immunity.

Food with high satiety value and low glycaemic index

Such foods keep you full for longer and act as craving busters. They release energy over a period of time and will help prevent fatigue and lethargy.

Munch on nuts and seeds, eat foods packed with fibre or have broth-based stews or soups. Whole wheat *chapatis* are a great choice along with some vegetables and fruits. It makes for a complete meal which is digested slowly and keeps you satisfied.

Hydrating food and drinks

Avoid having too many cups of tea or coffee as caffeine leads to loss of water which increases thirst. More so, sugary foods or drink get digested very quickly and could leave you feeling hungry sooner than you would expect. Having said that, drinking too much water is also not advisable. It will dilute the stomach acids and lead to bloating and indigestion. Sip water gradually at intervals.

If you have a light headache or feel one coming on, you are probably dehydrated. Fresh fruits, juices and vegetables with high water content will keep you hydrated.

Coconut water is a great source of electrolytes with simple sugar and minerals that replenish water loss. Add cool foods like cucumber, pineapple, tomato, orange, melon and onion which help in reducing body heat. Keep away from salty foods as they increase fluid loss in your body. Most importantly, keep hydrated and chew on a date or two at sehri to keep your energy levels up throughout your fast. The right choice of meals will ensure a healthy lifestyle without affecting your daily regime.

Here is a suggested list of best sehri meals.

LOW FAT WHOLE WHEAT PASTA

This dish lets you add all necessary nutrients to your sehri intake, as whole wheat provides abundant health benefits. Sauté the pasta mixture well with the tangy sauce and serve.

Ingredients

For sauce—

- 1 tsp oil
- ¼ cup chopped onions
- ½ tbsp chopped garlic

- 1 tbsp tomato puree
 - ¼ tsp chilli powder
 - ½ cup low fat milk
 - ½ tsp cornflour mixed in 1 tbsp water
- For pasta—
- 1½ cup boiled whole white pasta
 - 1 tsp chopped garlic
 - ½ cup sweet corn kernels
 - ½ tsp red chilli flakes
 - ½ cup capsicum
 - ½ tsp oil
 - Salt to taste

Method

Heat oil in a pan. Add onion, garlic and sauté for few minutes, add tomato puree, chilli powder and salt, mix and cook for 2-3 minutes. Add milk and cornflour mixture. Boil and keep aside. Heat oil in another pan. Add garlic and capsicum, sauté for 1 minute. Add sweet corn, chilli flakes and pasta. Mix well and add cooked sauce to it. Toss gently and cook for 1 minute more. Remove from heat and serve.

PARATHA SANDWICH

Ingredients

- 500g whole wheat flour
- 1 tsp ghee
- Salt to taste
- 500g chicken mince
- 2 tbsp chopped green chillies
- 1 chopped tomato
- 1 cup chopped onion
- 1 tbsp ginger-garlic paste
- 1 tbsp red chilli flakes
- 1 cup capsicum

