

# College Friendly Meals

## SWEET OATS

-OLIVIA II YEAR BDS

Quantity- 1 serve

Preparation time- 5 minutes

Cooking time - 5-10 minutes

### Ingredients-

1. Plain oats- 1cup
2. Milk-  $\frac{1}{2}$  cup
3. Sugar/honey- 1tsp (optional)
4. Almond and cashew- 10pcs chopped into fine pieces (or any kind of nut or dry fruits of your choice)
5. Apple- half diced
6. Banana- half sliced
7. Nutella- 2tbs (You can replace this with Bournvita powder)

### Directions:

- Boil the milk.
- Add the oats, sugar/honey, and dry fruits, and stir continuously till the mixture thickens (keep the gas on medium heat while stirring). You can skip the added sweeteners.
- Collect the oatmeal in a bowl and top it with apple and banana. Spread a spoonful of Nutella on top or you can sprinkle Bournvita powder. Your breakfast is ready to eat.



## SPINACH PESTO GRILLED

### CHEESE

-SANSKRUTI BHOIR II BDS



Serving Size: 1

Preparation time: 5-10 mins

Cooking time: 7-8 mins

### Ingredients

Makes 2 sandwiches

Pesto-

cup Spinach (wash it well, and try to use the small, fresh ones)

4tbsp processed/ Parmesan Cheese

6-8 Walnuts

Salt

4tbsp Olive oil (don't use extra virgin)

4 slices of bread

Oregano, Chili flakes for extra flavour

### Directions

Pesto- cup Spinach (wash it well, and try to use the small, fresh ones) 4tbsp Processed/ Parmesan Cheese, 6-8 Walnuts, Salt, 4tbsp Olive oil (don't use extra virgin), blitz this all together till it's smooth. Add more olive oil if needed.

4 slices of bread Spinach for the filling Oregano, Chili flakes for extra flavor, and salt according to taste

Mozzarella cheese (use how much ever you like)

\* if you're grilling it on a stove, do it on low heat.

Let it cook slowly. \* you can grill this in a griller too.

\* you can use butter instead of olive oil while grilling.

## OVERNIGHT CHOCOLATE

### MUESLI JARS

-CHAITALI RAKHE, INTERN

Quantity: serves 1

preparation time: 5-10 mins

### Ingredients :

- oats (half cup)
- millet puffs/puffed rice (half cup)
- chopped pecans/walnuts (5 nos)
- chopped pistachios (5 nos)
- chopped almonds (5 nos)
- raisins (5 nos)
- brown sugar (5 tbs)
- chopped sweetened milk chocolate (handful) - any plant-based milk/dairy milk (1 cup)

### Directions

- **STEP 1:** (10 mins)
  - add oats, millet puffs/puffed rice, chopped dried nuts, and brown sugar to a dry pan and put the pan on low heat.
  - while continuously stirring the ingredients together, mix them well and only slightly toast them until they give out warm nutty aromas. Be careful not to burn the sugar (which will be taken care of if you keep stirring constantly).
  - turn off the flame.
  - let the muesli cool down completely.
- **STEP 2:** (2 mins)
  - add the muesli to a jar to which add the chopped sweetened milk chocolate and raisins. -pour milk over this mix till the time you see the milk reach up to just cover the muesli. -cover with a lid and keep in the fridge overnight.
  - Enjoy the most chocolaty and filling breakfast!





If it's not pulling away from the sides and is wet, add flour 1  
tbsp at a time (although this shouldn't be  
necessary).

\* Allow the mixer to knead the dough  
for 5-7 minutes. You'll know that it's  
done when you lightly push in on the  
dough to create an impression and it  
bounces back.

\* Tightly wrap and allow to rest for at  
least 30 minutes.

For the filling:

\* Heat one tablespoon of oil over  
medium-high heat in a medium-large  
pan.

\* When oil is shimmering, add shallot  
and cook, stirring continuously until  
translucent, about 3-5 minutes.

\* Add mushrooms and continue to  
cook, stirring continuously, until  
mushrooms have released their liquid  
and dried again around 3-5 minutes.

\* Add greens, garlic, and ginger and  
continue cooking until greens have  
wilted and released their liquid.

\* Set aside to cool.



To assemble:

\* Roll dough into a log about 1 inch in  
diameter, separate it into two and then  
divide each half into 8 pieces.

\* Roll each piece into a 3-inch circle.

\* Add one tablespoon of filling and fold  
the dumpling as desired, but make sure it  
is sealed. \* Continue until you have  
created 16 dumplings.

To pan-fry, heat a large skillet with a  
tight-fitting lid over medium-high heat.

\* Add 2 tablespoons of oil and when  
shimmering, add dumplings

\* Add 1 cup of water, cover, and allow to  
steam for 9-12 minutes until all liquid has  
evaporated.

\* If your dumpling wrappers appear to have cooked  
(become more translucent), you may need to remove  
the lid to allow the rest of the liquid to evaporate  
while the bottoms of the dumplings crisp in the  
remaining oil.

\* Dumplings are done when the dough is cooked  
through (it will change colour slightly) and the  
bottoms have browned.

\* Remove from pan and serve immediately with your  
favourite dipping sauce.

## HEALTHY TOAST

-YASHIKA, INTERN

Serving Size : 1

Preparation time: 5-10 mins

### Ingredients:

1. Bread
2. Suji
3. Curd
4. Onions
5. Tomato
6. Salt
7. Seasonings
8. Butter/ ghee

### Directions :

1. Chop onions and tomatoes
2. In a bowl mix onions, tomatoes, and curd
3. Add a little bit of suji and mix the contents.
4. There should be a thick consistency.
5. Add salt and seasoning to this mixture.
6. Apply this mixture to the bread.
7. Heat it in a pan with butter/ ghee.
8. Toast it until it's golden yellow
9. Tastes best with ketchup or chutney

## RAWA DHOKLA

-PRAGATI TAMBADE, III BDS



Serving Size: 2-3 people

Preparation time: 15 mins

Cooking time: 20 mins

### Ingredients:

1 cup rava / semolina coarse

1 cup rava / semolina fine

1 cup curd

2 chillies finely chopped

1 tsp ginger paste

1 tsp sugar

¼ tsp salt

pinch hing

½ cup water

1 tsp eno fruit salt

for tempering:

2 tbsp oil

1 tsp mustard

½ tsp cumin

2 tbsp sesame

2 chili

few curry leaves

¼ cup water

1 tsp sugar

¼ tsp salt

1 tsp lemon juice

2 tbsp coconut grated

2 tbsp coriander finely chopped

### Directions:

- In a large bowl take 1 cup coarse rava, and 1 cup fine rava.
- Add 1 cup curd, 2 chillies, 1 tsp ginger paste, 1 tsp sugar, ¼ tsp salt, and pinch hing.
- Mix well making sure everything is well combined.
- Now, add ½ cup water and mix well.
- Cover and rest for 20 minutes or until the rava is soaked well.
- further, add 1 tsp eno fruit salt and mix gently.
- the batter turns frothy.
- pour the batter immediately into a vessel. make sure to grease and line with butter paper to prevent it from sticking.
- place in the steamer and steam for 20 minutes or until the toothpick inserted comes clean.
- to prepare the tempering, heat 2 tbsp oil. splutter 1 tsp mustard, ½ tsp cumin, 2 tbsp sesame, 2 chillies, a few curry leaves and pinch hing.
- add ¼ cup water, 1 tsp sugar, ¼ tsp salt and 1 tsp lemon juice.
- mix well and get to a boil.
- pour the tempering over the dhokla.
- also, top with 2 tbsp coconut and 2 tbsp coriander.
- finally, enjoy instant rava dhokla with green chutney.



## THREE-INGREDIENT SPANISH OMELETTE

-DR GURMEEN KAUR, FACULTY

Serving Size: 4-6

people

Preparation time: 10 mins

Cooking time: 45 mins

### Ingredients:

Three main ingredients- onion, potatoes, and eggs.

Thinly sliced onion- 1 large

Thinly sliced peeled potato- 3

Eggs- 6 whole

Extra virgin olive oil;

Salt to taste

### Directions:

1. Heat a generous amount of olive oil in a skillet.
2. When the oil is hot, add a thinly sliced onion to it and let it caramelize.
3. Add sliced potatoes (around 3mm thick) to it and let it all cook for 10-15 minutes, stirring occasionally. (Add onion first and not after the potatoes, or else it won't caramelize and just turn translucent.)



4. Break 6 eggs into a bowl, add the strained onions and potatoes to it, and mix well.
5. Add a pinch of salt and let the mixture sit for 15 minutes so that the caramelized onions soak into the eggs.
6. Pour the mix onto a non-stick pan and leave it on high flame for a minute, then lower the heat for a few minutes.
7. Check with a spoon, if the omelet does not stick to it, separate the edges from the pan.
8. Place a plate on the pan and flip it onto the plate. Now slide the omelette



back into the pan to cook it from the other side on high heat for a minute, followed by low heat for a couple of minutes.

9. Use a knife or toothpick to check whether it is completely cooked.



\*A perfectly cooked omelette will be slightly soft and gooey in the center and taste sweet due to caramelized onions.



## COCONUT LADDOOS

-YASHIKA HANS, INTERN

Quantity: 1-2 serve

Preparation time: 5 mins

### Ingredients:

1. Dericated coconut
2. Amul milk maid
3. Cocoa powder (only if you like the chocolate flavor)

### Directions:

Mix the given ingredients

Shape them into laddoo (or whatever shape you like)



## SPINACH MUSHROOM

### DIM SUM

-ADITYA TAMBE, DENTAL MECHANICS

### Ingredients

Serving Size: 2 - 4 people

Preparation time: 15 minutes

\* 200.g all-purpose flour

Cooking time: 30 minutes

\* 1/2 Tbsp hot water

\* 1 Tbsp olive (olive oil, sesame, etc.)

For the filling

\* 226g mushrooms finely chopped

\* 4 cups mixed greens (spinach, kale, chard, etc) tightly packed, finely chopped

\* 1 small shallot minced

\* 1 Tbsp ginger minced

\* 2 cloves garlic minced

\* 2 tbsp cooking oil

Dipping Sauce

\* 1 clove garlic minced

\* 1 tsp ginger minced

\* 1/2 tsp chili paste

\* 1-2 tbsp soy sauce

\* 1/2 tbsp black vinegar

\* sesame seeds

\* green onions



### Directions:

For the wrappers:

\* In the bowl of a stand mixer, using the hook attachment, mix flour, hot water, and oil.

\* If, after a couple of minutes, ingredients don't form a ball slowly add 1 tsp of water at a time, it should form a ball and pull away from the sides.



## CHOCOLATE CHIP COOKIES

-SANSKRUTI BHOIR, II BDS



**Serving Size :** 1

**Preparation time:** 5-10 mins

**Cooking time:** 1-2 mins

### Ingredients

- 1½ Tbsp. (20g) Melted Butter
- 1¾ Tbsp. (25g) Brown Sugar
- ¼ Tbsp. (10g) Milk
- ½ Cup (40g) Flour
- ⅛ Tsp. Baking Soda
- 4 Tbsp. Mini chocolate Chips

### Directions:

1. Mix brown sugar, milk, and butter in a bowl.
2. Add flour and baking soda to the bowl and mix to form a dough. 3. Add chocolate chips and fold them into the dough.
4. Make a dough ball, put the cookie on a plate with parchment paper or baking spray, and flatten it out.
5. Microwave the cookie for about 1 minute. Enjoy!!

## LEMON CHICKEN

-PRASAD, II BDS



**Serving Size:** Serves 2-4

**Preparation time:** 15 min approx

**Cooking time:** 40 min approx

### Ingredients:

**\*1st marination\***

- Chicken 1kg
- Salt to taste
- Lemon juice 2 tbsp
- Ginger garlic paste
- green chilli-4
- ginger-1inch
- Garlic 7-8 cloves
- Oil-1tbsp

**\*For tempering\***

- Oil 1 1/2tbsp
- Bay leaf 2
- Cardomom 2
- Marinated chicken
- Turmeric powder 1/4 tsp
- Water as req
- cornstarch 1 tsp
- Lemon juice 1tsp
- Lemon zest
- Coriander leaves

### Directions:

- \*For 1st marination** be in a bowl, add chicken, salt to taste, and lemon juice, and mix it well. Rest it for 15-20 mins. Squeeze out the excess water from the chicken. Keep it aside for further use.
- \*For ginger garlic paste** -In a bowl, add green chillies, ginger, garlic, oil, and salt to taste. Grind the mixture into a smooth paste. Keep it aside for further use.
- \*For 2nd marination** -In the same bowl, add 1st marinated chicken, prepared ginger garlic paste, curd, salt to taste, and mix everything well. Keep it aside for further use
- \*For masala-** In a small pan, add black peppercorns, cumin seeds, green cardamom, cloves, fenugreek seeds, and salt to taste, and dry roast them on moderate heat for a minute. Grind it into a coarse mixture. Keep it aside for further use.
- \*For tempering** -In a handi, add oil, once it's hot, add bay leaf, and back cardamom, and let it splutter. Add to marinated chicken and sauté it for a minute. Cover it with the lid and cook it for 7-8 min or until tender, on moderate heat. Add turmeric powder and sauté, add little water,

**\*2nd marination\***

- Ginger garlic paste
- Curd 1 cup

**For masala\***

- Black peppercorns 15-20
- Cumin seeds 1/2 tsp
- Cardamom 5
- Clove 1
- Fenugreek seeds 1 pinch
- Salt to taste
- \*For garnish\***
- A pinch of prepared masala
- Coriander leaves
- Lemon wedge

cornstarch slurry, lemon juice, and lemon zest and get a quick boil. Finish it with some coriander leaves. Serve it hot and sprinkle some prepared masala on it.

**\*Garnish** it with coriander spring and a lemon wedge.

## CHECKERBOARD COOKIES

A.K.A THE SHOUJO MANGA

COOKIE

-DR KARISHMA, FACULTY



**Serving Size:** Enough to last a week while having it with friends

**Preparation time:** Take a few hours off your busy day for self care

**Cooking time:** 15 mins

### Ingredients :

For the Plain cookie part:

- 100 g unsalted butter
- 50 g powdered sugar
- 1 egg yolk
- 130g cake flour
- 35g ground almonds

For the Cocoa cookie part:

- 100 g unsalted butter
- 50 g powdered sugar
- 1 egg yolk
- 130 g cake flour
- 30 g ground almonds
- 8 g cocoa powder

### Directions:

1. Bring 100g unsalted butter to room temperature and knead until soft.
2. Add the powdered sugar and egg yolks, in that order, and mix.
3. Sift in the flour and cocoa powder, then add the almond pudding and mix. Wrap the dough in plastic wrap and roll it out to a thickness of 15 mm. Refrigerate for 1 hour.



- Trim the edges of the cookie dough and cut it into 30 mm wide strips. Cut a layer of plain and cocoa cookies 15 mm wide and rearrange them to form a checkerboard pattern. For a finer pattern, cut the dough into 7.5 mm pieces and rearrange them.
- Wrap in plastic wrap and refrigerate for at least 1 hour.
- Cut the cookies into even slices and bake them in a preheated oven at 170°C for 12 to 15 minutes. Cool thoroughly

before wrapping.



## FALAFEL

**Serving Size:** 5-6 people

**Preparation time:** Half an hour

**Cooking time:** Just deep fry

### Ingredients

- Soak Chickpeas overnight
- Dry and drain the next day
- Coriander (less than half of the bunch)
- Parsley (half the bunch, holds the entire taste of the recipe)
- Garlic 5 cloves
- 1 onion
- teaspoon of Salt
- Cumin
- Lal mirchi
- Black pepper
- Baking soda

### Directions

- Grind everything in the mixer
- Add bread crumbs to it
- Mix, cover, and keep in the fridge for an hour
- Make balls And deep fry.

Deep fry is necessary to have a good crisp, if not Parsley, then Coriander can be used in hefty amounts as in 3/4 of the bunch, more of it will cause no harm to the recipe.



## GREEK YOGURT BOWL

-ARPITA, II BDS

**Serving Size:** 1 person

**Preparation time:** 5-10 mins

### Ingredients

- dry fruits ,100 gms Yogurt
- Chia seeds
- Pumpkin seeds
- Mango pulp
- 1 Apple

### Directions

- Squeeze out the whey from the yogurt
- Now take the curd and add mango pulp or you can add any fruit pulp
- Add diced apple
- Garnish with chia seeds, and pumpkin seeds and chop dry fruit.



- Once the Chicken marinated long enough, take out a pan and fry the chopped onion translucent on low heat. Increase the heat and add in the chicken with the marination and cook the meat on both sides evenly for a few minutes, then add in water. Cook for about 10-15 minutes, till the chicken is cooked but not too dry on medium heat.

Serve hot with rice or pao or poi bread.

## CHICKEN CAFREAL

• MAHIMA CHAUHAN, INTERN



**Total Time:** 30 minutes

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

### Ingredients

For the paste:

- ½ large Onion
- 1 Tablespoon Ginger + Garlic chopped or
- 2 Green Chili Pepper
- 1 Teaspoon Coriander Seeds Ground
- 1 Teaspoon Cumin Seeds Ground
- ½ Teaspoon Garam Masala
- 1 bunch Cilantro Fresh
- 1 Tablespoon Lime Juice
- ½ Teaspoon Black Pepper Ground
- pinch Salt
- To cook:
- 17.6 ounces Chicken boneless or with bone pieces
- 2 Tablespoon Olive Oil
- 1 small Onion chopped
- ¼ cup Water



### Instructions

- Start by blending all the paste ingredient fine and smooth and keep aside.
- Rinse, clean and if you use boneless, cut the chicken into bite size strips. If you use thighs, make some cuts with a knife into the meat.
- Massage the paste into the chicken and marinate the chicken covered in paste for 1 hour. (The longer you keep it marinated the better, I usually keep it for some hours for the best result)