

Introduction:

In this PDF, you will find a collection of delicious and healthy Indian recipes that are low in calories and high in protein. These recipes are designed to help you meet your dietary goals while enjoying the flavors and richness of Indian cuisine. Whether you're looking to lose weight, maintain a healthy lifestyle, or simply add more protein to your diet, these recipes are a perfect fit.

Benefits of Low Calorie High Protein Indian Food:

- Supports weight loss and management.
- Boosts metabolism and increases satiety.
- Helps in building and maintaining lean muscle mass.
- Provides essential nutrients for overall health.
- Promotes stable blood sugar levels.

Recipe 1: Moong Dal Chilla

Ingredients:

- 1 cup moong dal (split yellow lentils)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 green chili, finely chopped
- 2 tablespoons coriander leaves, chopped
- Salt to taste
- ½ teaspoon cumin powder
- ½ teaspoon turmeric powder
- Cooking spray or oil for greasing

Instructions:

- Soak moong dal in water for 2-3 hours and then grind it into a smooth batter.
- Add chopped onion, tomato, green chili, coriander leaves, salt, cumin powder, and turmeric powder to the batter. Mix well.
- Heat a non-stick pan and lightly grease it with cooking spray or oil.
- Pour a ladleful of the batter onto the pan and spread it in a circular motion to form a thin pancake.
- Cook on medium heat until golden brown on both sides.
- Repeat the process for the remaining batter.
- Serve hot with mint chutney or yogurt.
- Recipe 2: Tandoori Chicken Skewers

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Ingredients:

- 500 grams chicken breast, cut into cubes
- 1 cup Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon ginger-garlic paste
- 1 tablespoon tandoori masala
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- Salt to taste
- Wooden skewers, soaked in water for 30 minutes

Instructions:

- In a bowl, mix Greek yogurt, lemon juice, ginger-garlic paste, tandoori masala, turmeric powder, cumin powder, and salt to make the marinade.
- Add the chicken cubes to the marinade and mix well to coat them evenly. Marinate for at least 1 hour, preferably overnight.
- Preheat the oven to 200°C (400°F).
- Thread the marinated chicken onto the soaked wooden skewers.
- Place the skewers on a baking tray lined with parchment paper.
- Bake for 20-25 minutes or until the chicken is cooked through and slightly charred.
- Serve hot with mint yogurt dip and a side salad.

Recipe 3: Sprouts Salad

Ingredients:

- 1 cup mixed sprouts (mung beans, chickpeas, black-eyed peas, etc.)
- 1 small cucumber, chopped
- 1 small tomato, chopped
- 1 small onion, finely chopped
- 1 green chili, finely chopped
- 2 tablespoons coriander leaves, chopped
- Juice of 1 lemon
- Salt to taste
- ½ teaspoon chaat masala (optional)

Instructions:

- Steam or blanch the mixed sprouts until they are slightly tender. Let them cool.
- In a bowl, combine the sprouts, chopped cucumber, tomato, onion, green chili, and coriander leaves.
- Add lemon juice, salt, and chaat masala (if using). Toss well to combine.
- Refrigerate for 30 minutes to allow the flavors to meld.
- Serve chilled as a healthy and refreshing salad.

Conclusion:

By incorporating these low calorie high protein Indian recipes into your diet, you can enjoy the culinary delights of Indian cuisine while supporting your health and fitness goals. Remember to combine these recipes with a balanced diet and regular exercise for optimal results. Bon appétit!