

Masala chicken tikka

Serves 4

For a vegetarian version, use cubes of extra firm tofu or assorted vegetables such as sweet peppers, cauliflower and red onions in this marinade. Substitute sun-dried tomatoes for a more intense tomato flavour. Serve with mint chutney for dipping.

- 125 mL (1/2 cup) diced red onion
- 2 cloves of garlic
- 1.3 cm (1/2 inch) piece ginger, chopped
- 1 plum tomato, quartered
- 50 mL (1/4 cup) red wine vinegar
- 15 mL (1 tbsp) plain fat free yogurt
- 5 mL (1 tsp) garam masala
- 5 mL (1 tsp) ground coriander
- 5 mL (1 tsp) ground cumin
- 5 mL (1 tsp) Kasoori methi (dried fenugreek leaves)
- 2 mL (1/2 tsp) cayenne pepper
- 2 mL (1/2 tsp) ground saunf (fennel seeds)
- 0.5 mL (1/8 tsp) ajwain (carom seeds), optional
- 50 mL (1/4 cup) chopped fresh coriander
- 50 mL (1/4 cup) chopped fresh mint
- 400 g (14 oz) boneless skinless chicken breast, cubed into 2.5 cm (1 inch) pieces

1. Combine red onion, garlic, ginger, tomato, vinegar and yogurt in blender. Blend to a smooth paste; transfer to a bowl, mixing in remaining ingredients.
2. Refrigerate, covered for at least 1 hour or up to 12 hours.
3. Preheat barbecue to medium high heat.
4. Thread chicken onto skewers, discarding marinade.
5. Grill, covered until lightly browned and cooked through, turning skewers once, about 15-18 minutes in total.

Nutritional Information per serving (2 skewers)

Calories 121, Protein 23g, Fat 2g, Saturated Fat 0g, Cholesterol 59mg, Carbohydrate 2g, Fibre 1g, Sodium 55mg, Potassium 335mg

Saag tofu

Serves 4

For variety, try a combination of other greens such as methi (fenugreek), sarson (mustard) or even arugula with spinach; and green peas, potatoes, asparagus, chicken or shrimp with tofu.

- 10 oz. (300g packed) fresh spinach leaves, washed
- 250 mL (1 cup) water
- 15 mL (1 tbsp) canola oil
- 2 mL (1/2 tsp) cumin seeds
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 15 mL (1 tbsp) minced ginger
- 250 mL (1 cup) canned diced tomatoes, undrained
- 5 mL (1 tsp) garam masala
- 5 mL (1 tsp) ground coriander
- 5 mL (1 tsp) ground cumin
- 2 mL (1/2 tsp) cayenne pepper
- 2 mL (1/2 tsp) turmeric
- 45 mL (3 tbsp) plain low fat yogurt
- 300 g extra firm tofu, cubed into 1.3 cm (1/2 inch) pieces

1. Cook spinach and water together in covered saucepan over medium heat until spinach is wilted, about 3-4 min. Cool and puree in food processor or blender.
2. Warm oil in non-stick skillet over medium high heat. Add cumin seeds, sauté 30 sec until they start to sizzle. Add onions, garlic and ginger. Sauté until softened, about 3 min. Add tomatoes and all the spices. Cook 3 min. until tomatoes are slightly blended into the sauce. Reduce heat to medium, add yogurt, stir 30 sec. Add spinach puree and tofu. Mix gently. Cover and bring to a boil, then reduce heat to medium low and cook 15 min.

Nutritional Information per serving (250 mL/1 cup)

Calories 157, Protein 12g, Fat 9g, Saturated Fat 1g, Cholesterol 1mg, Carbohydrate 12g, Fibre 3g, Sodium 146mg, Potassium 643mg

Healthy eating, Punjabi Cuisine



A Punjabi celebration is an occasion for a sumptuous feast, where guests enjoy chole, matar paneer, mutton curry, chicken tikka and mithai. While the ingredients that go into Punjabi food are fresh and appetizing, they are often high in fat. Full-fat dairy

products are often used: ghee for frying; full-fat cream in lassis; butter is spread on naan and added to sauces; and paneer is a basic ingredient.

The combination of rich foods and an inactive lifestyle can contribute to heart disease and stroke. Eating a healthy diet that is lower in fat and increasing your family's activity levels are important steps to good health. Here's how to get started.



Eat more vegetables and fruit Use at least one dark green and one orange vegetable every day.

- When making stuffed parathas, add finely chopped or grated vegetables such as cauliflower, sweet peppers, spinach or bok choy to the traditional stuffing.
- Using peas, sweet peppers, corn kernels or asparagus gives a texture and flavour boost to sarson and palak da saag.
- Matar paneer tastes even better when cooked with assorted sweet peppers.
- Add spinach, sweet potatoes, zucchini or pumpkin to chicken or mutton curry.
- Blend strawberries, blueberries or bananas in your plain low-fat yogurt lassi. Do not add salt to your lassis.
- Combine fruits such as peaches, apricots, or oranges with vegetables such as sweet potatoes, cucumber, tomatoes and red onions for a delicious chaat salad.

Eat whole grains Make at least half of your servings of grains whole grains, such as brown basmati, bulgar, barley, quinoa, oats or millet.

- Use whole grain flours when making chapati, rotis, parathas or naan. Experiment with whole grains by using a delicious combination of wild rice, brown and white basmati rice when making pulao. Substitute part of the rice with barley when making khichri. Try sprinkling quinoa over sabzis as they cook.
- When preparing whole-grain products, use little or no added fat, salt or sugar. Use non-hydrogenated margarines instead of ghee or butter on flat breads. Prepare rice with water only; avoid adding sugar cane juice.

Choose lower-fat milk and alternatives

- Use fat-free or low-fat yogurt in lassi and in curries.
- Make your own yogurt and paneer using 1% or 2 % milk.
- Use skim, 1% or 2% milk or low-fat fortified soy beverage for drinking and in tea and coffee.
- Use fat-free evaporated milk instead of cream in recipes such as butter chicken, saag paneer and dal makhani, or in desserts such as kheer and phirni.
- Avoid serving foods such as sarson da saag, dal or makki di roti with ghee or butter on top; add flavour with spices and herbs instead.

Meat and alternatives Choose lean cuts of meat and trim all visible fat before cooking.

- Remove skin from chicken before adding it to curries. Include fish at least twice a week.
- When making meat koftas or kababs, choose lean or extra-lean ground meat and add tofu to the mixture to reduce the amount of meat used.
- Have meat alternatives such as beans, dhal, lentils, pulses, peas and tofu often. Prepare them with little or no added fat or salt.
- Try substituting extra firm tofu in place of full-fat paneer in dishes such as matar paneer or saag paneer.



Use healthy cooking methods Use healthy olive, soybean or canola oil instead of ghee. Include a small amount, 30 to 45 mL (2 to 3 tablespoons) of unsaturated fat each day in food preparation and dressings.

- Cut down on fried masala pastes used for curries. Try cooking without sautéing onions or browning meats, paneer or tofu. When you eliminate the sautéing and browning step, you can actually cook without any oil at all.
- Steam, bake or grill fish instead of batter frying. Add a sprinkle of spice and a squeeze of lemon to bring out flavours.
- Bake bhaturas, kulchas and puris instead of deep-frying them. Serve phulkas without any ghee over top.
- Bake koftas in the oven instead of frying them.
- Tandoori cooking is healthy only if you avoid brushing on ghee or butter at the end of cooking or adding it to the marinade. Serve leftover tandoori chicken in a wrap, instead of cooking it in makhani (butter) sauce.

Make healthy choices when eating out

- Whether at a gurudwara, temple, restaurant or party, avoid eating everything that is set before you, if the portion is too large.
- Choose side dishes such as raita, salads, roasted papadums or whole-wheat tandoori roti.
- Eat a handful of unsalted nuts or vegetables instead of deep-fried snacks such as samosas, pakoras, mathries and namkeen.
- Have fresh fruit instead of rich, sugary mithai.
- Limit your alcohol.