

Sharing Recipes for Healthy Eating

by:
**TELE-NUTRITION STUDY
PARTICIPANTS**



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HEALTHY TIPS AND RECIPES FROM RESEARCH PARTICIPANTS

Recipe provided by: Prerna Mamileti

About me: Food has always been a really important way for me to connect with my loved ones and heritage. The past few years during my SCI journey, I have also come to appreciate how medicinal food can be! I've enjoyed exploring this intersection by experimenting with ingredients and family recipes.

Name of Recipe: *Idli (Steamed Rice and Lentil Cakes)*

Cuisine: South Indian



Ingredients/quantities:

- 1 teaspoon salt (or to taste)
- 1 cup urad dal
- 2 cups idli rava
- Water
- Ghee

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Steps:

- Soak 1 cup of urad dal overnight in 2 cups of water.
- Soak 2 cups of idli rava overnight in 4 cups of water.
- After soaking, drain the urad dal, add salt, and grind into a smooth paste using a blender.
 - Optional: Add a few spoons of water if the urad dal isn't blending smoothly.
- Then, squeeze the water out of the idli rava using your hands and add to the urad dal batter.
- Mix the batter. The end result should be the consistency of cake batter.
- Let the idli batter sit in an airtight container at room temperature overnight. When you open the container, you should see bubbles indicating that the batter has fermented.
- Grease idli plates with a small amount of ghee and fill each well $\frac{3}{4}$ of the way with batter.
- Fill the bottom of the idli cooker with 1 inch of water. Leave the bottom idli plate empty without batter. Steam for 15 min, let cool, and you should be able to remove with a spoon.
- Serve with **chutney** of choice and store leftover batter in the fridge in an airtight container.

Time to prepare/cook:

Batter preparation: 20 minutes w/ 1 soak overnight and 1 fermentation overnight. **Cook time:** 15 minutes

Tips and substitutes:

Idli rava and **urad dal** are most easily found in Indian stores

Idli chutney recipes: <https://www.cookwithkushi.com/chutney-recipes-for-dosa-idli/>

Idli cooker: https://www.amazon.com/Vinod-Stainless-Steel-Maker-4-Tier/dp/B08L59YY8M/ref=sr_1_1_sspa?crd=3C8TLULBP033X&keywords=idli+maker&qid=1687814203&sprefix=%2Caps%2C132&sr=8-1-spons&ufe=app_do%3Aamzn1.fos.006c50ae-5d4c-4777-9bc0-4513d670b6bc&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Instruction video for making without idli cooker:
<https://youtu.be/VG3eWVGz1c>

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HEALTHY TIPS AND RECIPES FROM RESEARCH PARTICIPANTS

Home-made Recipe provided by: Lilian Flores and Roberto Mata

Name of Recipe: Grilled catfish and sauteed cabbage and hot peppers

Cuisine: American



Ingredients/quantities:

16 oz. Fresh catfish fillets,
3 cups cabbage (julienned),
2 cups celery (julienned)
3-4 Serrano chiles (julienned),
1 cup onions (julienned)
4 tbsp Extra virgin olive oil
Himalayan salt minimal
Freshly ground black pepper (per liking)
Garlic powder (per liking)
1 tbsp Sesame seed oil

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Steps:

- Season catfish with Himalayan salt, freshly ground black pepper and garlic powder.
- Pour in 2 tablespoons of the olive oil into an iron skillet at medium heat.
- Grill catfish until cooked to your liking.
- Pour in 2 tablespoons of the olive oil into an iron skillet at medium heat, then toss in the julienned cabbage, celery, onions, and Serrano chiles.
- Sauté vegetables to your liking and add one tablespoon of sesame seed oil.
- Dish is ready to serve.

Time to prepare/cook:

30 minutes

Recipe inspired from Lilian Flores's kitchen!

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HEALTHY TIPS AND RECIPES FROM RESEARCH PARTICIPANTS:

Recipe provided by: Prerna Mamileti

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Name of Recipe: Vegan Coconut Curry

Cuisine: Asian-inspired



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Ingredients/quantities:

- 1 can coconut milk
- ½ can Maesri Prik Khing Curry Paste
- 2 teaspoons vegetable oil
- 2 teaspoons Fly by Jing Sichuan Chili Crisp
- 2 teaspoons soy sauce
- 2 stalks Thai basil
- 4 cloves garlic
- 1 cup frozen mixed vegetables
- 1 cup frozen kale
- 1 package Sweet Earth Traditional Seitan strips
- 1 cup frozen sliced mixed peppers
- 2 cups cooked brown rice

Steps:

- Heat oil in a deep pan. Add diced garlic and curry paste to warm oil and cook on medium heat for 4 minutes.
- Add seitan strips and pan fry for 5 minutes adding oil as necessary.
- Add frozen mixed vegetables, kale, and sliced mixed peppers to the pan and cook until the ice and water has evaporated.
- Add coconut milk, Sichuan chili crisp, Thai basil leaves, and soy sauce to pan and cook until the curry reaches a simmer.
- Serve curry over cooked brown rice.

Time to prepare/cook:

- 30-45 minutes

Tips and substitutes:

- *Feel free to add more curry paste, soy sauce, and/or Sichuan chili crisp if you want a stronger flavor*
- *You can also substitute seitan with tofu for an alternative vegan protein*

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HEALTHY TIPS AND RECIPES FROM RESEARCH PARTICIPANTS

Recipe provided by: Lilian Flores & Roberto Mata

Name of Recipe: Hot oatmeal

Cuisine: *American Breakfast*



Ingredients/quantities:

- 1/2 cup rolled oats,
- 6 raisins,
- 2 cups almond milk,
- 1/4 cup crushed walnuts (or ground up almonds),
- Amaranth (4 teaspoons),
- 1 teaspoon brown sugar (or 1 pitted date),
- 1 medium-sized banana cut into cubes,
- cinnamon powder (per taste)

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Steps:

- **Bring almond milk to a boil (with oats, cinnamon, and sugar)**
- **Simmer for 5 minutes, then serve in a bowl or mug**
- **Add in raisins, walnuts (or almonds), amaranth, brown sugar, and banana.**

Time to prepare/cook:

15 minutes

Recipe inspired from Lilian Flores's kitchen!

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HEALTHY TIPS AND RECIPES FROM RESEARCH PARTICIPANTS

Home-made Recipe provided by: Lilian Flores and Roberto Mata

Name of Recipe: Sautéed vegetables with Rotisserie chicken breast

Cuisine: American



Ingredients/quantities:

- 1 zucchini
- 1 garlic (minced)
- 1 celery stalk
- 1/2 carrot
- 1/4 onion
- 1/2 tomato
- 7 spinach leaves,
- 1/2 chicken breast
- 1 Serrano chile
- Grape seed oil.

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Steps:

- Cut chicken breast into bite-size pieces.
- Cut all vegetables (julienned), except carrots.
- Mince garlic and cut carrots thin so they cook at the same pace with the other vegetables.
- Sauté the chicken in grape seed oil (5 minutes), then add all the veggies (except the spinach and tomatoes) and sauté for another 10 minutes.
- Add salt to taste.
- Add spinach and tomatoes, and sauté for another 3 to 4 minutes.
- Dish is ready to serve.

Time to prepare/cook:

30 minutes

Tips and substitutes:

You can add/substitute any and all veggies you like!

Recipe inspired from Lilian Flores's kitchen!

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