

MyPlate: Indian

RECIPES ON THE BACK



1. Fruits include:
Apples, apricots, Asian pears, bananas, cherries, dates, figs, grapes, kiwis, lychees, mangos, melons, oranges, papayas, peaches, pineapples, plums, raisins

2. Grains include:
Rice, pearl millet, flat breads, whole wheat flour

3. Proteins include:
Lentils, chickpeas, kidney beans, eggs, nuts, poultry, fish, and sometimes beef and pork

4. Vegetables include:
Beans, bell peppers, cabbage, carrots, chili peppers, cucumbers, eggplant, okra, onions, potatoes, pumpkin, tomatoes

5. Dairy includes:
Milk, yogurt, cheese

Healthy Eating Tips

- Make **half** your plate fruits and vegetables
- Eating a wide variety of vegetables and dairy products will provide protein, calcium and other important nutrients to vegetarians.
- **Half** of all grains should be whole grains
- Low fat dairy products are important for healthy bones and teeth.

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MyPlate Recipes: INDIAN

CHICKEN CURRY

- 3 tablespoons olive oil
- ½ cup chopped onion
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- 1 bay leaf
- 1 teaspoon grated fresh ginger
- ½ teaspoon white sugar
- ½ teaspoon salt
- 2 skinless, boneless chicken breast halves, cut into bite size pieces
- 2 tablespoons tomato paste
- 1 cup plain yogurt
- ¾ cup lite coconut milk
- ½ lemon, juiced
- ½ teaspoon crushed red pepper

1. Heat olive oil in a skillet over medium heat.
2. Saute onion until tender.
3. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes.
4. Add chicken pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes, stirring often.
5. Remove bay leaf and stir in lemon juice and crushed red pepper. Simmer for 5 minutes.

Makes 4 servings

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- 1 ¾ cup plain low fat yogurt
- 6 ice cubes crushed
- 1 ½ cups ice water
- 2 teaspoons sugar
- 1 pinch salt

1. In a blender, blend all ingredients until mixture becomes frothy.
2. Pour mixture over ice in a tall glass.

Makes 4, 1 cup servings

RAITA-YOGURT WITH CUCUMBER AND TOMATO

- 2 cups plain yogurt
- 1 medium tomato, chopped
- 1 medium cucumber, chopped
- 1 small onion, chopped
- 3 tablespoons fresh parsley or mint
- ½ teaspoon salt
- ½ teaspoon ground cumin

1. In a bowl, beat yogurt until smooth.
2. Combine yogurt with remaining ingredients and mix well.
3. Cover bowl and chill at least 1 hour before serving.

Makes 10, ½ cup servings

Raita-Yogurt with Cucumber and Tomato

Nutrition Facts

Serving Size 0.5 cup (106g)			
Servings Per Container 10			
Amount Per Serving			
Calories 45	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 150mg			6%
Total Carbohydrate 6g			2%
Dietary Fiber 1g			4%
Sugars 5g			
Protein 3g			
Vitamin A 6%	• Vitamin C 10%		
Calcium 10%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Chicken Curry

Nutrition Facts

Serving Size (257g)			
Servings Per Container 4			
Amount Per Serving			
Calories 310	Calories from Fat 130		
% Daily Value*			
Total Fat 15g			23%
Saturated Fat 4.5g			23%
Trans Fat 0g			
Cholesterol 80mg			27%
Sodium 450mg			19%
Total Carbohydrate 14g			5%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 31g			
Vitamin A 10%	• Vitamin C 8%		
Calcium 15%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

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Nutrition Facts

Serving Size (101g)			
Servings Per Container 4			
Amount Per Serving			
Calories 80	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 100mg			4%
Total Carbohydrate 11g			4%
Dietary Fiber 0g			0%
Sugars 10g			
Protein 6g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 15%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4