



One Dish Meals of South Asia



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Food is life.

A critical goal for aid and development agencies is to ensure adequate amounts of food for all. However, the definition of food security acknowledges that the quality of the food is as important to health as the quantity of food consumed. Many factors impact an individual's relationship with food, poverty, availability, information, time, and even increased income.¹ This cookbook is the result of the efforts by a small group of civil society organizations—Manusher Jonno Foundation in Bangladesh, Tarayana Foundation in Bhutan, and Viluthu in Sri Lanka—who are implementing a grant from the South Asia Food and Nutrition Security Initiative (SAFANSI) trust fund. The participants thank the Government of the United Kingdom and UKAID for their support to this initiative.

The purpose of this cookbook is to share ideas for combining locally-sourced, easily accessible ingredients from nearby forests, farms and markets to create nutritionally-dense meals.

Reducing the cost of meals and incorporating small changes during meal preparation, such as adding greens to an otherwise grain-heavy dish to add an extra layer of nutrition, is a strategic way to change the way people eat for the better. This cookbook includes recipes that meet critical criteria set by Viluthu as it created its Sanjeevi program under the grant:²

- Take no longer than 30 to 40 minutes to prepare
- Use less fuel (it should cost 30% of the cost of the meal)
- Use less space in meal preparation room, hut, tent, etc.
- Involve less work (prep time, washing time, cooking time, etc.)
- Incorporate local ingredients that are easy to find; and
- Cost less than other prepackaged meal options.

The concept behind one-dish meals is that they are a way for people to receive proper nutrition in a single meal, through a calorie balanced, protein-fat-carbohydrate ratio, inclusive of plant-based vitamin and mineral additions.

The recipes included in this cookbook are simple, fast to prepare, and require little prep time or workspace. They are also low cost and inclusive of locally and regionally available vegetables and protein sources that are critical in combating malnutrition, specifically stunting and wasting.

¹ As economic growth increases household purchasing power, nutrition can suffer due to increased access to fried snacks and other unhealthy food options.

² With funds from the SAFANSI grant, Viluthu hire a food technologist to help design and implement the Sanjeevi program.

One Dish Meals: The Beginning

Viluthu started preparing and selling one dish meals via their enterprise, Sanjeevi, which first trains participating women (mostly war widows) on how to plan and prepare nutritionally balanced one-dish meals and then helps them establish food kiosks to sell them in their villages and surrounding areas.

Through partnership with the World Bank, Viluthu has showcased its process and methodology with partners at an international nutrition forum in Ethiopia, and throughout the region via the Bank-supported Business Enterprise and Employment Support (BEES) for Women in South Asia Network. Current and future work through BEES will examine how replicable and scalable this enterprise approach to food and nutrition security is within the South Asia and beyond.

Sanjeevi is an enterprise option for these communities resulting in a triple bottom line. First, the demand for fresh ingredients stimulates a more diverse agricultural production; the meal created from these crops is now more nutritionally balanced; and these efforts create jobs in multiple sectors as a result.

Nutritional Requirements

Nutritional requirements vary by gender, stage of the life cycle, and medical condition. For example, in the United Kingdom, the British Nutrition Foundation, distinguishes dietary requirements for the following groups.

Table 1 Dietary Reference Intakes (DRIs) in the UK

Age Range or Special Circumstance							
Boys and girls	0-3 months	4-6 months	7-9 months	10-12 months	1-3 years	4-6 years	7-10 years
Males	11-14 years	15-18 years	19-50 years	50+ years			
Females	11-14 years	15-18 years	19-50 years	50+ years	pregnancy and breastfeeding		

British Nutrition Foundation.

<http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements.html>

Table 2 United States Dietary Reference Intakes (DRIs): Estimated Average Requirements

Age Range or Special Circumstance						
Boys and girls	0-6 months	6-12 months	1-3 years	4-8 years		
Males	9-13 years	14-18 years	19-30 years	31-50 years	51-70 years	70+ years
Females	9-13 years	14-18 years	19-30 years	31-50 years	51-70 years	70+ years
Pregnancy	14-18 years	19-30 years	31-50 years			
Lactation	14-18 years	19-30 years	31-50 years			

Food and Nutrition Board, Institute of Medicine, National Academies.
http://www.nal.usda.gov/fnic/DRI/DRI_Tables/recommended_intakes_individuals.pdf

Readers can check with their doctors or government officials for recommended nutritional requirements. Depending on the calorie it is important to note this when feeding a family of diverse ages and activity levels as all recipes are not suitable for all age levels.

Nutritional Information

The nutritional information reported here was calculated using the USDA National Nutrient database website: <http://ndb.nal.usda.gov/ndb/> From that site, ingredient amounts and caloric, fat, and carbohydrate totals were included on the nutritional label maker site here, and divided according to how many servings per person. <http://www.onlinelabels.com/label-generator-tools/Nutrition-Label-Generator.aspx>

Costs

All average costs were calculated based on food prices in the country in which the recipe originated, in November 2014.

KHICHURI

Average cost \$0.50 per person.

Spices, lentils and rice make this one dish meal a nourishing, nutrition-packed comfort dish.

Serves 10 people

Ingredients

1 kg (4.2 cups) rice	100 g (6 Tbsp + 1 tsp) turmeric powder
1/2 kg (2.1 cups) mixed lentil/dal/green gram split, (moong dal-roasted), mosuri dal	100 g (6 Tbsp + 1 tsp) ginger powder
250 ml (1 cup) vegetable oil	100 g (6 Tbsp + 1 tsp) salt
2 cups cut onion	50 g (3 Tbsp + 1 tsp) garam masala powder
4 medium potatoes (cubed)	1 tsp red chili powder
250 g (1 cup) cauliflower florets	1 tsp sugar
2 cups peas	2 tsp cumin powder
6 whole green chilies, chopped	4 green cardamoms
3 whole red chilies	6 cloves
1 cup, pieced garlic	2 cinnamon 1 inch pieces

Directions

1. Roast the mugh dal (lentil) in a frying pan for 5-6 minutes until it is a golden color. Set aside.
2. Wash the rice and dal (lentils) in a bowl. Set aside to soak.
3. In a pot, add oil, cinnamon, clove and chopped onion; heat until fragrant. When the onion becomes golden, add the remaining spices (ginger paste, turmeric, garam masala powder and salt) to the oil.
4. After half a minute the rice and dal should be drained from their soaking bowl, and poured into the oil and spices.
5. Add the vegetables.
6. Put double the amount of water in the pot (2:1 ratio), mix well and cover with lid. This should be kept on low to medium heat until all water evaporates.
7. Once removed, mix the rice/dal mixture with hot oil, onion and red chili.
8. The khichuri is ready to be enjoyed.

Nutrition Facts	
Serving Size 1 bowl	
Servings Per Container 10	
Amount Per Serving	
Calories 656	
	% Daily Values*
Total Fat 34g	52%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 223mg	9%
Total Carbohydrate 72g	24%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

THUEP – PORRIDGE

Average cost \$0.41 per person

Thuep, or porridge, is another traditional one dish meal. It is a comfort food, loved by all - young and old.

Ingredients

500 g (2 ¾ cups) red rice	1 tsp Sichuan pepper
500 g (17.6 ounces) paneer	100 g (6 Tbsp + 1 tsp) butter
250 g (8.8 ounces) ginger	Salt - to taste
1 tsp chili powder (optional)	1 cup spinach

Directions

1. Heat the pressure cooker and add a knob of butter. Clean the red rice and put in the cooker. Lightly toss in the cooker.
2. Add water, salt, chili powder and cook until soft. Then blend the mixture using a hand blender.
3. Add hot water to the desired consistency and mix thoroughly. Then add paneer, chopped ginger, Sichuan pepper, butter and salt.
4. Wash spinach, dry, and tear into small pieces. Add just before serving.



Nutrition Facts	
Serving Size 1 bowl	
Servings Per Container 6	
Amount Per Serving	
Calories 478	
	% Daily Values*
Total Fat 36g	55%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 562mg	23%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%
* Percent Daily Values are based on a 2,000 calorie diet.	

STEAMED FISH

Average cost \$0.72 per person

This protein-rich dish is low in fat, and high in minerals like selenium and B12.

Approximately 2.6 to 6.7 percent of the fat content of a serving of basa filet consists of omega-3 fatty acids. A high intake of these fatty acids are linked to a decreased risk of heart disease.

Ingredients

160 g (5.6 ounces) Basa fish *

20 g egg white (equivalent to egg white from one small egg)

10 g (1 Tbsp + ½ tsp) corn flour

2 g (1/2 tsp) white pepper

5 g (1 tsp) stock powder

5 g (1 tsp) fish sauce

2 g (1/2 tsp) lemon leaf, julienned

2 g (1/2 tsp) coriander roots, chopped

2 g (1/2 tsp) ginger, chopped

1 tsp oil

3 g (1/2 tsp + one pinch) fresh red chili

1 g (one pinch) lemongrass, julienned

Directions

1. Preheat oven to 110 degrees C (about 230 F).
2. Combine all dry ingredients and slowly add the egg and oil.
3. Coat the fish evenly with the mix and marinade the fillets for 20 minutes.
4. Move the fish to the oven and cook for 10min, covered.

* Note:

Basa fish is a species of catfish in case you need to find a local substitute.

Nutrition Facts	
Serving Size 2 filets (160g)	
Servings Per Container 2	
Amount Per Serving	
Calories	150
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
*Percent Daily Values are based on a 2,000 calorie diet.	

PUMPKIN ROTI

Average cost \$0.30 per person

Served on its own, roti can easily become a one dish meal because of the appropriate mix of vegetables, protein (from wheat flour and egg) and fat (butter and egg).



Ingredients

1 cup rice flour	Chopped dried anchovies (to taste)
1 egg	½ cup chopped mixed veggies
1/3 cup wheat flour	Salt to taste
1/3 grated pumpkin	Softened butter, about 1 Tbsp
½ cup shredded coconut	

Directions

1. In a medium bowl, stir together the 2 flours, coconut, a pinch of salt and butter. Gently fold in the egg, vegetables, and pumpkin. Add dried anchovies to taste.
2. Knead until well incorporated, about 10 minutes.
3. Preheat a flat pan to medium high heat. Divide dough into 5 equal parts, and form into rounds. Flatten the balls with the palm of your hand until they are bigger than the size of your palm and to your desired thickness.
4. Cook the roti for 1 minute before turning over, then turn again after another minute. The roti should have some darker brown spots when finished. Best served warm.

Nutrition Facts	
Serving Size 2 roti	
Servings Per Container 3	
Amount Per Serving	
Calories 319	
	% Daily Values*
Total Fat 11g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 63mg	3%
Total Carbohydrate 48g	16%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 10g	20%
<small>*Percent Daily Values are based on a 2,000-calorie diet.</small>	

TOH-SHAY (MIXED RICE)

Average cost \$0.35 per person

Toh-tshay literally translates as “rice curry” meaning a mixture of a cereal and a curry. This is a traditional “one dish meal” which comprises different foods- rice, vegetables, spices, and meat- all in one dish.

Ingredients

300 g (11 ounces) white rice	1 tsp chili powder (optional)
100 g (2/3 pound) corn meal	1 tomato
½ kg (1.1 pounds) boneless chicken or other meat	1 cup chopped vegetables on hand (carrot, beans, cauliflower, etc.)
3 boiled eggs	100 g (3.5 ounces) butter
2 onions	Salt - to taste

Directions

- Toh-tshay can be either made from leftover rice and curry, or prepared fresh.
- To make from your previous leftovers, heat a little butter in a pan, put in all the left over curry and rice. Mix them properly and add a pinch of salt.
- Serve once the dish is hot with a chili paste/ salad.

To prepare fresh

- Soak the rice & corn in warm water & keep aside.
- Clean & cut the meat into small pieces. Cut all the vegetables and spices into pieces.
- Heat some oil/ butter in a pressure cooker. Add the onion, chilies, tomatoes and fry them until done. Add the meat and salt and stir fry for sometime. Then add the vegetables to the cooker. and fry them. Add the rice/ corn into the cooker and add chili powder and mix properly. Add a cup of water and pressure cook until 1 or 2 whistles.
- Keep the cooker aside and let the steam subside. Open cooker and add the chopped boiled eggs & mix.
- Garnish with some fresh coriander leaves and serve hot.

Nutrition Facts	
Serving Size 1 bowl	
Servings Per Container 6	
Amount Per Serving	
Calories 530	
	% Daily Values*
Total Fat 18g	28%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 350mg	15%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 78g	156%
*Percent Daily Values are based on a 2,000 calorie diet.	

MIXED VEGETABLE SUMAI

Average cost \$0.40 per person

These delicious steamed dumplings are low in fat but still provide valuable vitamins and minerals from the vegetables.



Ingredients

30 g (1 ounce) carrot, chopped

35 g (1.2 ounces) beans, chopped

40 g (1.4 ounces) broccoli, chopped

35 g (1.2 ounces) cauliflower, chopped

40 g (1.4 ounces) baby corn, chopped

10 g (.35 ounces) fried garlic

Salt- to taste

1 tsp breakfast sugar

1 tsp veg seasoning

1 tsp potato starch

15 g (.5 ounces) sesame oil

6 wonton sheets

Directions

1. Chop all vegetables and blanch in water. Squeeze out the water from the veggies.
2. Mix sugar, seasoning, sesame oil, garlic, corn flour and salt with the processed vegetables
3. Cut the wonton sheets into 2-inch round shapes.
4. Stuff the vegetable mixture into the sheet.
5. Steam the dumplings in a bamboo basket for 4-7 minutes.
6. Serve hot with the dips.

Nutrition Facts	
Serving Size 6 sumai	
Servings Per Container 2	
Amount Per Serving	
Calories 204	
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 6g	12%

* Percent Daily Values are based on a 2,000 calorie diet.

KHULLEY (PANCAKE)

Average cost \$0.40 per person

Khulley is a savory pancake made from the very healthy gluten free buckwheat flour. It is generally accompanied by a curry or soup, which should also include some protein and vegetables.

Ingredients

For pancake:

500 g (1 pound) buckwheat flour
 3 eggs
 3 Tbsp oil
 1 cup milk
 Water
 Salt

For the chili paste:

2 onions, chopped
 2 tomatoes, chopped
 Ground coriander
 Salt
 200 g (6.5 ounces) chili powder
 Oil

Directions

Pancake

1. In a bowl, mix the flour, water, milk, eggs and salt, using a hand blender.
2. Heat a pan, apply some butter on the pan and pour 1 scoop of the batter onto the pan in a circular motion. When the edges start to become cooked and small bubbles form in the middle, flip to pancake onto the other side and cook until lightly brown.
3. Repeat until all the batter is used.

Chili paste

1. Mix onion, tomato, coriander and chili powder together until a paste forms.
2. Add oil slowly until desired thick consistency is achieved.
3. Salt to taste.

Nutrition Facts	
Serving Size 2 pancakes (10g)	
Servings Per Container 5	
Amount Per Serving	
Calories	460
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 127mg	42%
Sodium 100mg	4%
Total Carbohydrate 71g	24%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 7g	14%

* Percent Daily Values are based on a 2,000 calorie diet.

QUINOA SALAD

Average cost \$1.66 per person.

Quinoa is nature's most complete vegetable protein. This mighty seed is very healthy when cooked and served with vegetables.



Serves 6

Ingredients

1 kg (2 pounds) quinoa, soaked
 300 g (10.6 ounces) bell pepper, grilled
 150 g (5.3 ounces) raisin, soaked
 100 g (3.5 ounces) walnut, chopped
 and soaked

20 g (.75 ounces) parsley, chopped
 20 ml (1 Tbsp + 1 tsp) lemon juice
 Salt, to taste
 Pepper, to taste
 40 ml (1.4 ounces) olive oil

Directions

1. Boil quinoa for 30 minutes until it becomes soft.
2. Add grilled bell peppers. Mix well.
3. Stir in raisins, walnuts, parsley, salt and pepper.
4. Toss the mix in lemon juice and olive oil.
5. Enjoy!

Nutrition Facts	
Serving Size 1 portion	
Servings Per Container 6	
Amount Per Serving	
Calories 823	
	% Daily Values*
Total Fat 27g	42%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 37mg	2%
Total Carbohydrate 125g	42%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 25g	50%

*Percent Daily Values are based on a 2,000 calorie diet.

SPINACH AND GOLDEN GARLIC

Spinach is rich in iron and garlic is great for keeping the immune system healthy.

Average cost \$0.43 per person

Serves 2

Ingredients

180 g (6.3 ounces) spinach, chopped
 Salt, to taste
 10 g (2 tsp) fried garlic
 1 tsp breakfast (granulated) sugar
 1 Tbsp veg seasoning
 1 tsp potato starch
 10 – 15 g (2 tsp) sesame oil

For dough:

60 g (2.1 ounces) red lotus flour
 1 tsp oil
 30 ml (2 Tbsp) cold water

Directions

1. Blanch spinach so it remains bright green. Pat dry.
2. Chop spinach and then add to fried garlic, sugar, vegetable seasoning, starch and oil. Salt to taste; set aside.

For dough

1. Mix oil and flour. Make the dough by adding water. Let the dough rest for 20 mins.
2. Make small balls from the dough and roll it round using rolling pin
3. Stuff the mixture and give it a desired shape.
4. Steam the dumplings in the bamboo basket for 4-7 min.
5. Serve hot with dips.

Nutrition Facts	
Serving Size 1 portion	
Servings Per Container 2	
Amount Per Serving	
Calories 213	
	% Daily Values*
Total Fat 8g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 73mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

RAINBOW PITTU

Average cost \$0.20 per person

Fresh moringa leaves are a very rich source of vitamin A—100 g has 252% of daily-required levels. Vitamin A is one of the fat-soluble anti-oxidant offering several benefits, including mucus membrane repair, maintenance of skin integrity, vision, and immunity.

Moringa leaves are found in abundance in South Asia; thus are an important part of the diet.

Serves 4

Ingredients

100 g (3.5 ounces) corn flour	100 g (3.5 ounces) carrot (or pumpkin, depending on availability)
100 g (3.5 ounces) rice flour	100 g (3.5 ounces) beetroot
100 g (3.5 ounces) millet flour	50 g (1.8 ounces) murunga leaves* or other greens
120 g (4.2 ounces) of fish cleaned, spiced and fried/roasted (lime, chili powder, salt)	Salt
1 cup coconut, separated into thirds	Metal vessel with 2 sections for steaming

Directions

- Mix each of the flours and 1/3 cup of coconut separately. Set aside.
- Using the pittu cylinder, layer in the following order: flour/coconut mixture, fried fish, finely chopped murunga and grated carrot.
- Repeat until all ingredients have been used.
- Close with the lid and steam.

* Note:

If you cannot find murunga leaves, you can substitute horseradish leaves or turnip greens.

Nutrition Facts	
Serving Size 100 grams	
Servings Per Container 4	
Amount Per Serving	
Calories 510	
	% Daily Values*
Total Fat 40g	62%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 400mg	11%
Sodium 0mg	0%
Total Carbohydrate 60g	20%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 15g	30%
Calcium 211%	Iron 4%
Magnesium 201%	
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

MIXED RICE

Average cost \$0.20 per person

Serves 4

Ingredients

400 g (14.1 ounces) raw rice	1 onion, chopped
200 g (7.05 ounces) pumpkin	Dried chili, to taste
50 g (1.8 ounces) dried sprats (fish)	Salt, to taste
1 cup murunga leaves *	3 stalks of curry leaves
40 g (8 tsp) oil	

Directions

- Using a ratio of 2:1 water to rice, cook rice for 20-30 minutes or until water is absorbed.
- While rice is cooking, prepare vegetables.
- Heat oil in a pan, add curry leaves, onion, chili pieces
- When golden brown, add sprats and grated pumpkin.
- Add rice to the mixture.
- Add murunga leaves just before serving (this will allow the dish to retain all nutrients).

*** Note:**

If you cannot find murunga leaves, you can substitute horseradish leaves or turnip greens.

Nutrition Facts	
Serving Size 175 grams	
Servings Per Container 4	
Amount Per Serving	
Calories 568	
	% Daily Values*
Total Fat 13.6g	21%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 355mg	10%
Sodium 0mg	0%
Total Carbohydrate 103g	34%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 15g	30%
Calcium 223%	Folate 29%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

STRINGHOPPER KOTTU

Average cost \$0.38 per person

Stringhoppers are a traditional Sri Lankan food made of rice flour compressed into noodles, and then steamed. You can find these in the frozen food section of many Asian supermarkets if you don't want to make your own. The addition of vegetables, which add vitamins and minerals, and fish, which adds protein, make this an excellent one dish meal.

Serves 4

Ingredients

40 stringhoppers *	1 egg
200 g (7 ounces) leeks	Dried chili pieces
100 g (3.5 ounces) grated pumpkin	Salt and pepper to taste
200 g (7 ounces) long beans	Lime to squeeze on fish
100 g (3.5 ounces) fresh fish	

Directions

1. Clean, wash and spice fish; set aside.
2. Heat oil in the pan.
3. When hot, add the egg, onion, dried chilies and curry leaves.
4. Add the fish and fry until golden brown, next adding the long beans.
5. Add the stringhoppers and pumpkin. Mix well.
6. Last of all, add the leeks. Add salt to taste.

*** Note:**

You can buy stringhoppers at most Asian grocery stores.

Nutrition Facts	
Serving Size 175 grams	
Servings Per Container 4	
Amount Per Serving	
Calories 309	
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 444mg	13%
Sodium 0mg	0%
Total Carbohydrate 55g	18%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	30%
Calcium 192%	Magnesium 201%
*Percent Daily Values are based on a diet of other people's misdeeds.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

RASAVALLI CONGEE

Average cost \$0.30 per person

This purple yam mash becomes a delightful porridge after cooking with milk and spices and is topped with crunchy peanuts. It is a carbohydrate rich meal.

Serves 4

Ingredients

500 g purple yam (will only be 400g when cleaned)

50 g sugar or jiggery

4 cups fresh milk

Cardamom (5 pieces)

Cinnamon (7 pieces)

50 g peanuts

Directions

1. Clean and wash yams, cut into pieces and boil for 20 minutes.
2. After boiled and cooled, squash the boiled yams until smooth.
3. Add milk, sugar and spices, and stir well for 10 minutes until it boils.
4. Turn off the heat and let it rest. Top with peanuts.
5. Put into cups and serve.

Nutrition Facts	
Serving Size 200 grams	
Servings Per Container 4	
Amount Per Serving	
Calories 375	
	% Daily Values*
Total Fat 13.3g	20%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 557mg	16%
Sodium 0mg	0%
Total Carbohydrate 63.3g	21%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10.8g	22%
Calcium 207%	Folate 34.4%
*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 60g 80g
Sat Fat	Less than 30g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

CASSAVA MIXTURE

Average cost \$0.35 per person

Cassava is a carbohydrate rich, gluten free starch. The root is one of the chief sources of some important minerals like zinc, magnesium, copper, iron, and manganese for many inhabitants in the tropical belts. Adding greens provides vitamins, and the coconut and fish provide more protein, which will level blood sugar levels when eating such a carbohydrate-rich dish.

Serves 4

Ingredients

1 kg (2 pounds) unpeeled cassava (30% will go with peel)	Salt and pepper to taste
200 g (7.1 ounces) fish	Green chilies, to taste
1 cup coconut, chopped/shredded	1 onion, chopped
1 cup murunga leaves	3 sprigs of curry leaves
	Cumin, to taste

Directions

1. Boil cassava without the lid for 30 minutes. Prepare other ingredients while this is boiling.
2. Heat oil, and add cut and marinated fish and fry until brown.
3. Add onions, green chilies, and murunga leaves and cook for 2 minutes.
4. Strain cassava and set aside until cool enough to dice into smaller pieces.
5. Add diced cassava and coconut to remaining ingredients and stir well.

Nutrition Facts	
Serving Size 200 grams Servings Per Container 4	
Amount Per Serving	
Calories 475	
	% Daily Values*
Total Fat 23.2g	36%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 348mg	10%
Sodium 0mg	0%
Total Carbohydrate 57.2g	19%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 13g	26%
Vitamin A 4.5%	• Vitamin C 150%
Calcium 34.8%	• Iron 94.4%
Folate 8.6%	
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



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