

A photograph of a round, silver-colored metal plate filled with approximately 15 golden-brown, round fritters. The fritters are arranged in a circular pattern. Some have a small almond on top, and others have a small amount of white filling. In the center of the plate, there are two large, vibrant pink flowers. To the right of the flowers, a small, lit candle in a metal holder is placed. The plate is set on a light-colored, textured placemat. The background is a warm, orange-brown color.

Ela Gupta

*Celebrate
the
Goodness
of
Lentils, Peas, and Beans*

Celebrate the Goodness of Lentils, Peas, and Beans

by Ela Gupta

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eCOOKBOOK OVERVIEW:

Format: PDF

Price: \$9.99 (USD)

Available for purchase on our online store

Website <https://getela.wixsite.com/ela-globalpulseday>

Language: English

Recipes: 40 and much more

Color photographs: more than 400

Length: 209 pages

The cookbook is an interesting collection of a variety of pulse (lentils, peas, beans) based vegetarian recipes. The recipes I cook for my family, in a regular Indian style. I firmly believe pulse food is a great way to stay fit and smart, and yes that too with an amazing feeling of fullness and satisfaction. So be tempted and simply follow the instructions with a pictorial tour of my NO FAIL RECIPES!

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FORTY RECIPES:

NOTE: The cookbook is an interesting collection of a variety of pulse (lentils, peas, beans) based 40 vegetarian recipes.

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The Goodness of Lentils, Peas, and Beans

Lentils, peas, and beans are collectively referred as pulse(s).

- ❖ Pulses are considered as the **superfoods**, because of their great nutritional value, and health benefits
- ❖ Pulses are **rich in proteins**, and are very filling without piling on some extra calories.
- ❖ Pulses are **high in fiber**, which helps maintaining the lower cholesterol.
- ❖ The **complex carbohydrates** in pulses help decreasing the food cravings.
- ❖ Pulses **helps us** keeping a steady blood sugar level.
- ❖ Pulses **prevent us** from heart disease, type 2 diabetes, and some cancers.
- ❖ Pulses are one of the **cheapest health foods** available to us.
- ❖ Pulses have a **long shelf life**, and are easily accessible in the market.
- ❖ A **variety of recipes** (soups, salads, snacks, dips, spreads, pancakes, dals or stews, curries, breads, papad, and desserts) can be created from the lentils.

Let's kick it off with some of my favorite Indian style recipes. Here is a wonderful collection of delicious pulse recipes, to inspire you to cook them for breakfast, lunch, dinner, and desserts!

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*Dedicated to my loving mom
Smt. Shakuntla Gupta*



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Acknowledgement

This work would not have been possible without the



and support of my loving husband, and kids.

*I express my heartfelt gratitude
to my family.*

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Reader's Notes

Hello Friends,

On this new year, 2K17 try and share some pulse recipes with your family and friends and be proud of yourself!

Highlights:

- ❖ All recipes are straight from my kitchen.*
- ❖ All recipes are vegetarian and cover a variety of lentils, peas, and beans.*
- ❖ Recipes have been developed in olive oil to reach a more health-conscious level of quality.*
- ❖ A generous amount of rich Indian spices and ingredients have been used in the recipes.*
- ❖ No food coloring or artificial flavors are included, except in the recipe of Imarti.*
- ❖ Measurements are just perfect, NO FAIL RECIPES!*
- ❖ I have also shared important tips and tricks to help cook the recipes just right.*
- ❖ Some recipes have a long shelf-life, making the meal preparation easier on your schedule.*
- ❖ I have also included some quick recipes for authentic Indian food in a snap.*
- ❖ All pictures show food cooked in my own kitchen and photographed with my own camera.*

May the new year bring you all you wish for!!

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SPROUTED KALA CHANA SALAD

(SPROUTED BROWN CHICKPEAS SALAD)

The brown chickpeas are an excellent source of protein, with an earthier flavor and drier texture. Thus, the sprouted kala chana salad is very healthy, filling, and great for building power muscles!

SERVES 4

1 cup kala chana, soaked in 2 cups of water; about 8 hours
1 onion, finely chopped
1 tomato, finely chopped
1 green chilly, finely chopped
1 tablespoon fresh coriander, finely chopped
1 teaspoon lemon juice
¼ teaspoon salt (as per your preference)
¼ teaspoon red chili powder
¼ teaspoon chaat masala (optional)
¼ teaspoon powdered sugar (optional)
For the seasoning
1 teaspoon olive oil
Pinch hing (asafetida)
½ teaspoon zeera (cumin seeds or powder)
¼ teaspoon haldi (turmeric)
½ teaspoon amchur powder (mango powder)
Pinch red chili powder

1. In a wide flat bottom bowl, rinse, and soak 1 cup of kala chana in 2 cups of water; 8 to 10 hours.
2. Drain the water and place it in a sieve, covered with a moist muslin cloth.
3. For 2 to 4 days, just for one time quickly run the tap water on the kala chana, and keep covering it

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- with moist cloth. You will see the sprouts coming out the very next day, and growing every single day.
4. At the end of the fourth day let it air dry for an hour or so, and then either use it in a recipe or refrigerate it in a Ziploc or a plastic container.
 5. To prepare the salad, season the sprouts. Place it in a mixing bowl, and add all the chopped vegetables (onion, tomato, cucumber, green chilies, fresh coriander), lemon juice, red pepper, and the salt. Combine well and serve immediately.

RECIPE NOTES

You may add a variety of fritters, paneer (homemade cheese), and sauces to your salad.





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SPROUTED KALA CHANA SALAD
(SPROUTED BROWN CHICKPEAS SALAD)

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About the Author

Hello! Friends,

This cookbook is a proud attempt to document my rich heritage by presenting the amazingly simple, delicious, and wholesome Indian recipes made from a variety of pulses (lentils, peas, and beans).

Here, I would like to mention that I have been living in United States since 1999. I am blessed with an awesome family: a wonderful husband and two adorable boys (15 and 7 yrs. old). Throughout my stay in USA, I always loved sharing the health benefits of pulses with my kids, and enjoyed cooking these recipes for my own family.

The book 'Celebrate the Goodness of Lentils, Peas, and Beans' is an interesting collection of my personal favorite pulse (lentils, peas, and beans) recipes, to inspire you to cook them for breakfast, lunch, dinner, and dessert. Yes! you can even make outstanding desserts.

I am sure you will try and proudly share these scrumptious wholesome recipes with your family and friends!



Ela Gupta

Los Angeles, CA

*(Food recipe developer,
recipe photographer,
and recipe writer)*



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Be Tempted

*Adding pulses to your diet is a great way to eat healthier!
They are so full of protein, fiber, iron, and many other nutrients!!
Pulses prevent you from heart disease, diabetes, and some cancers!!!*

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