

1. 5 Spice Tofu And Bean Sprouts Kodri (Diabetic Recipe)



Life is all about experimentation and moving out of our comfort zones to discover the treasures that lie yonder! so, let not the out-of-the-ordinary blend of spices, and the resulting flavors and textures, scare you away from this dish! while, to be frank, this dish may not appeal to all, it is a must-try for those who like to experiment beyond the traditional Chinese fried rice. The Chinese five-spice powder is a flavor enhancer that gives this dish a unique tinge; you can make it in bulk and stock in the refrigerator.

Preparation Time: 25 mins

Cooking Time: 20 mins

Makes 4 servings

showing ingredients for 2 servings

Ingredients

1 tsp **oil**

1/4 cup **sliced spring onions**

3/4 tsp **chinese 5 spice powder** , recipe below

1/4 cup **bean sprouts**

1/4 cup **tofu** (bean curd/soya paneer) cubes

1 1/4 cups cooked **kodri (varagu)**

a pinch **sugar**

salt to taste

Chinese 5 Spice Powder (makes 1/4 Cup)

2 tsp **peppercorns (kalimirch)**

8 pcs whole **star anise (chakri phool)**

6 pcs **cloves (laung / lavang)**

5 pcs sticks **cinnamon (dalchini)**

1 tbsp **fennel seeds (saunf)**

Method

1. Heat the oil in a non-stick kadhai, add the spring onions and sauté over a medium flame till they are tender.
2. Add the chinese 5 spice powder and sauté over a medium flame for ½ a minute.
3. Add the bean sprouts and tofu and mix well.
4. Add the cooked kodri, sugar and salt, toss well and cook over a medium flame for another minute.
5. Serve hot.

For the Chinese 5 spice powder

1. In a non-stick pan, add the schezuan peppercorns and sauté over a slow flame till the aroma is released while stirring continuously. Keep aside.
2. In the same pan add the other ingredients and sauté over a slow flame till the aroma is released while stirring continuously. Keep aside.
3. When cool blend in a mixer to a fine powder and sieve.
4. A coarse powder of the spices will be left behind. Blend it again to make a fine powder and sieve again.
5. Store in an air-tight jar and use as required

Nutrient values

Energy	Protein	Carbohydrates	Fat	Calcium	Iron	Fibre
125 calories	5.9 gm	17.3 gm	3.8 gm	73.7 mg	2.5 mg	2.5 gm

2. Ginger Fried Kodri (Eat Well Stay Well Recipes)



Ginger fried kodri, you need to avoid cereals and pulses to relax your digestive system. This dish is a combination of healthy ingredients like bean sprouts and kodri cooked in less oil and natural flavouring like ginger, salt and sugar.

Preparation Time: 25 mins

Cooking Time: 20 mins

Makes 4 servings

showing ingredients for 2 servings

Ingredients

1 tsp **oil**

1/2 tsp **grated ginger (adrak)**

1/4 cup **bean sprouts**

1/4 cup **tofu** cubes

1 1/4 cups cooked **kodri (varagu)** , refer handy tip

a pinch of **sugar**

salt to taste

Method

1. Heat the oil in a non-stick kadhai, add ginger and sauté on a medium flame for a minute, while stirring continuously. Add the bean sprouts and tofu and sauté over a medium flame for ½ a minute, stirring gently once in between.
2. Add the kodri, sugar and salt, toss gently and cook over a medium flame for another minute. Serve hot.

Handy tip:

1. ½ cup raw kodri when cooked in enough water, yields 2½ cups of cooked kodri.
2. If kodri is not easily available, use dalia instead of kodri.

Nutrient values Per Serving

Energy	Protein	Carbohydrates	Fat	Calcium	Iron	Fibre
150 calories	7.7 gm	21.2 gm	3.8 gm	80.1 mg	2.6 mg	2.6 gm

3. Mexican Kodri (Exotic Diabetic Recipe) by Tarla Dalal



Very similar in taste to rice but healthier, kodri can be used for an unlimited variety of recipes mexican, indian and others. The uniqueness of this dish is all thanks to the grinding of garlic and red chilli flakes in a mortar-pestle. Not to forget the splash of colours the coloured capsicums bring in. It is a wholesome dish full of vegetables, kodri and rajma. And together this combination can give you a calcium and folic acid boost. You can add sweet corn too, as a variation.

Soaking time:

Preparation Time: 10 mins

Cooking Time: 10 mins

Makes 4 servings

Ingredients

1/2 cup **kodri (varagu)**

2 to 3 **garlic (lehsun) cloves** , peeled and roughly chopped

2 tsp **dry red chilli flakes (paprika)**

2 tsp **oil**

1/2 cup finely **chopped spring onions** with the greens

1/2 cup chopped coloured **capsicum** (red , yellow and green)

1/2 cup soaked and cooked **rajma (kidney beans)**

salt to taste

2 tbsp finely **chopped spring onions** greens for the garnish

Method

1. Clean, wash and soak the kodri for 5 to 7 minutes. Drain and keep aside.
2. Boil a vesselful of water, when the water starts boiling add the kodri and ½ tsp oil and simmer for 10 to 12 minutes or till the kodri gets cooked. Drain, refresh using cold water and keep aside.
3. Mix the garlic and red chilli flakes together in a mortar-pestle and pound till smooth. Keep aside.
4. Heat the oil in a non-stick kadhai, add the garlic and chilli paste and sauté for a minute while stirring continuously.
5. Add the onions and capsicum and sauté for 2 to 3 minutes.
6. Add the rajma and salt, mix well and cook for a minute.
7. Add the kodri, mix well and cook for another 2 to 3 minutes while stirring continuously.
8. Serve hot garnished with spring onion greens.

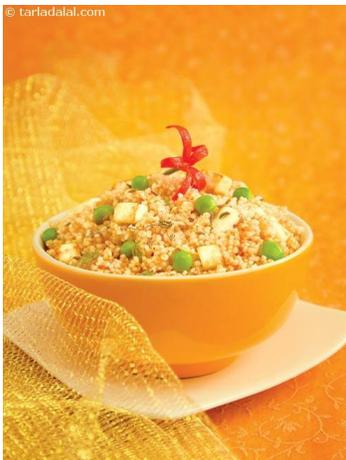
Handy tip:

1. ½ cup raw kodri when cooked in enough water, yields 2½ cups of cooked kodri.
2. If kodri is not easily available, use dalia instead of kodri.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Vitamin C	Calcium	Folic acid
106 calories	3.3 gm	16.6 gm	2.8 gm	24.5 mg	28.6 mg	2.2 mcg

4. Paneer Mutter Kodri (Diabetic Recipe) by Tarla Dalal



Paneer is a show-stealer, and so is any dish that uses it! but you might often hear diabetics complaining that they can't have rice as it raises blood sugar levels quickly; hence, i have thought of a way by which they can relish all the rice delicacies without hesitation. Enter kodri! kodri is the best replacement for rice as it is fibre-rich and does not alter blood sugar levels quickly. Therefore, i have whipped up this

recipe using low fat paneer and kodri. It tastes amazing and i am sure you will not miss rice anymore! kodri takes time to cook, so take care to cook it correctly with the right amount of water added. You can create a variety of dishes with kodri and so it's an ingredient worth stocking in your pantry!

Add your private note

Preparation Time: 20 mins

Cooking Time: 20 mins

Makes 4 servings

showing ingredients for 2 servings

Ingredients

1 tsp **oil**
1/4 tsp **cumin seeds (jeera)**
1/8 cup finely **chopped onions**
1/4 tsp **garlic (lehsun) paste**
1/4 tsp **ginger-green chilli paste**
1/4 tsp **dried fenugreek leaves (kasuri methi)**
1/2 pc big **tomato** , **blanched** and **grated**
1/2 tsp **chilli powder**
1/4 tsp **garam masala**
a pinch of **sugar**
1/4 cup **chopped low fat paneer(cottage cheese)**
1/8 cup **boiled green peas**
salt to taste
1 1/4 cups of cooked **kodri (varagu)**

For The Garnish

1 tbsp finely **chopped coriander (dhania)**

Method

1. Heat the oil in a non-stick kadhai and add the cumin seeds.
2. When the seeds crackle, add the onions, garlic paste, ginger- green chilli paste and dried fenugreek leaves, mix well and sauté over a medium flame till the onions turn light brown in colour, while stirring continuously. Sprinkle a little water if required.
3. Add the tomatoes, chilli powder, garam masala, sugar and ¼ cup of water, mix well and sauté over a medium flame for 8 to10 minutes, stirring once in between.
4. Add the paneer, green peas, salt and kodri, mix gently and cover and cook over a medium flame for another 2 minutes.
5. Serve hot garnished with coriander.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Calcium	Fibre
177 calories	10.6 gm	27.0 gm	3.1 gm	364.9 mg	2.3 gm

5. Ratatouille With Herbed Kodri (Exotic Diabetic Recipe)



Ratatouille is a famous vegetable delicacy from Italy, made using zucchini, brinjal and tomatoes. It is usually served with rice or pasta. For a change, I have served it with diabetic-friendly kodri flavoured with mixed herbs. Use fresh herbs as they are flavourful and aromatic and ensure the true taste of kodri. Rice has a high glycaemic index and can raise the blood sugar levels quickly, which is why I have replaced it with fibre-rich kodri. If you do not find kodri easily, use dalia or buckwheat that are equally good. Rich in nutrients like calcium, iron and folic acid, this dish is a completely healthy meal indeed!

Add your private note

Soaking Time: 5 to 7 minutes

Preparation Time: 15 mins

Cooking Time: 40 mins

Makes 4 servings

Showing ingredients for 2 serving

Ingredients

For The Ratatouille

1 tsp **olive oil** or any other **oil**

1 tsp finely **chopped garlic (lehsun)**

1/8 cup finely **chopped onions**

1/8 cup finely **chopped capsicum**

1/4 cup **chopped zucchini**

1/4 cup chopped **brinjal (baingan / eggplant)**

1/4 cup finely **chopped tomatoes**

salt to taste

1/2 tbsp **fresh tomato purée** (readymade)

1/2 tbsp **low fat cream** (malai)

1/4 tsp **dried oregano**

1/8 tsp **dry red chilli flakes (paprika)**

For The Herbed Kodri

1/2 cup **kodri (varagu)**

3/4 tsp **oil**

salt to taste

1 tbsp finely **chopped parsley**

1 tbsp finely **chopped celery**

1 tbsp finely chopped fresh **basil** leaves

Method For the ratatouille

1. Heat the oil in a deep non-stick pan, add the garlic, onions and capsicum and sauté on a medium flame for 2 to 3 minutes, while stirring continuously.
2. Add the zucchini and brinjal, mix well and sauté for another 2 minutes.
3. Add the tomatoes, salt and ½ cup water, mix well and simmer for 10 to 15 minutes or till the vegetables are cooked.
4. Add the tomato purée and cream, mix well and cook for 5 minutes.
5. Add the oregano and red chilli flakes and mix well. Keep aside.

For the herbed kodri

1. Clean, wash and soak the kodri for 5 to 7 minutes. Drain and keep aside.
2. Boil a vesselful of water, add the kodri and ½ tsp of oil and simmer for 10 to 12 minutes or till the kodri is cooked.
3. Drain, refresh using cold water and keep aside.
4. Heat the remaining 1 tsp oil in a non-stick pan, add the kodri and salt and mix gently.
5. Add the parsley, celery and basil, mix gently and cook over a slow flame for 2 minutes, while stirring continuously. Keep aside.

How to proceed

1. Place the kodri on a serving plate, top with the ratatouille and serve hot.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Calcium	Iron	Folic acid	Fibre
164 calories	4.0 gm	27.4 gm	4.9 gm	77.2 mg	1.3 mg	23.5 mcg	3.8 gm

6. Thai Green Kodri (Diabetic Recipe)



Along with lemongrass spicy vegetables, this makes a lunch one would give an arm and a leg for! kodri takes longer to cook than rice, but it will be worth all the effort if cooked correctly with patience and care. Remember that 1 cup yields 2½ cups of kodri. Bayleaf and lemongrass enhance the flavour of this dish, while the fresh herbs impart an exotic tinge. Do not cook after adding the freshly chopped herbs as the flavour gets destroyed when you cook them! it would be wise to add the coconut milk powder also after removing the kodri from the flame as it may also become sticky.

Add your private note

Preparation Time: 10 mins

Cooking Time: 20 mins

Makes 4 servings

Ingredients

1 cup [kodri \(varaagu\)](#)

2 tsp [oil](#)

1 bay leaf (tejpatta)

Method

1. Clean, wash and soak the kodri for 5 to 7 minutes. Drain and keep aside.
2. Boil a vesselful of water, add the kodri, ½ tsp of oil, bayleaf, lemon grass bundle and salt and simmer for 10 to 12 minutes or till the kodri is cooked. Discard the bayleaf and lemon grass bundle.
3. Drain, refresh using cold water, drain again and keep aside.
4. Heat the remaining oil in a deep pan. Add the green chillies and sauté for a few seconds.
5. Add the cooked kodri and salt and sauté, while stirring continuously for 5 to 7 minutes.

6. Remove from the flame, add the coriander, mint leaves, basil and coconut milk powder and mix well.
7. Serve immediately.

Nutrient values

Vitamin C	Iron	Folic acid	Zinc	Fibre	Energy	Protein	Fat
36.7 mg	2.5 mg	5.1 mcg	0.3 mg	2.1 gm	96 calories	3.4 gm	2.8 gm

7. Thai Pineapple Kodri (Exotic Diabetic Recipe)



An authentic Thai yellow curry paste made with lemon grass lends its magic to this pineapple kodri. An exotic and interesting recipe that is quite a favourite with me – but not too 'lean', if you know what I mean! so, whip this up as a treat only when your blood sugar levels are within control. Select a fully-ripe pineapple as it will cook faster and taste better. Thai cooking is incomplete without coconut and coconut milk. Both these are high in calories and on the forbidden ingredients list of diabetics; however in order to get the original Thai flavour in dishes, I have used a small quantity ($\frac{1}{4}$ cup) of coconut milk.

Add your private note
Preparation Time: 25 mins
Cooking Time: 20 mins
Makes 4 servings

Ingredients

To Be Ground Into Yellow Curry Paste

2 stalks [lemon](#) grass (harechai ki patti) ,
finely chopped
1 tbsp roasted [cumin seeds \(jeera\)](#)
1 tbsp roasted [coriander \(dhania\)](#) seeds
1/2 tbsp [grated ginger \(adrak\)](#)
2 [whole dry kashmiri red chillies](#) , deseeded
2 [garlic \(lehsun\) cloves](#) (lehsun)
1/2 small [onion](#) , quartered
1/2 tsp [turmeric powder \(haldi\)](#)
[salt](#) to taste

Other Ingredients

2 tsp [oil](#)
1/2 cup [chopped onions](#)
1 tsp finely [chopped green chillies](#)
2 cups finely chopped fresh [pineapple](#)
1/4 cup [coconut milk](#)
2 tsp [chopped raisins \(kismis\)](#)
1 tsp [sugar substitute](#)
[salt](#) to taste
2 1/2 cups cooked [kodri \(varaqu\)](#)

For The Garnish

4 [lemon](#) slices
2 [cashewnuts \(kaju\)](#) , cut into halves

Method

1. Heat the oil in a non-stick kadhai, add the onions and green chillies and sauté on a medium flame till the onions turn translucent.
2. Add the yellow curry paste and sauté for a minute.
3. Add the pineapple, coconut milk, raisins, sugar substitute and salt, mix well and cook over a medium flame for 8 to 10 minutes, while gently stirring continuously.
4. Add the kodri, mix gently and cook for another minute.
5. Serve hot garnished with lemon slices and cashewnuts.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Calcium	Iron	Fibre
--------	---------	---------------	-----	---------	------	-------

173 calories	2.4 gm	24.6 gm	7.2 gm	35.0 mg	2.5 mg	2.1 gm
--------------	--------	---------	--------	---------	--------	--------

8. Varagu and Matki Pulao

This sumptuous and simple dish is enlivened with the addition of vegetables and sprouts. Sprouting not only enhances the nutritive value of foods but also makes them easier to digest. It is really easy to make sprouts at home - simply soak the matki in water for 6 to 8 hours and then wrap them in a damp muslin cloth for 2 to 3 days taking care to keep the muslin damp at all times. Varagu is available at most traditional banias, not at our larger grocery stores. Ask your neighbourhood bania to get you some as it's a good substitute for rice. Serve with Low Fat Curds or Kala Jamun Raita.

Add your private note

Preparation Time: 10 mins.

Cooking Time: 25 mins.

Serves 2.

Ingredients

- 1/2 cup [kodri \(varagu\)](#)
- 1/2 cup [sprouted matki \(moath beans\)](#)
- 1/2 tsp [cumin seeds \(jeera\) powder](#)
- 1/4 tsp [asafoetida \(hing\)](#)
- 2 [cloves \(laung / lavang\)](#)
- 1 [bayleaf \(teipatta\)](#)
- 1/4 cup [chopped onions](#)
- 1/2 cup [chopped carrots](#)
- 1/2 cup [chopped french beans](#)
- 1/4 tsp [turmeric powder \(haldi\)](#)
- 1/2 tsp [chilli powder](#)
- 1 tsp [coriander \(dhania\) powder](#)
- 1 tsp [oil](#)
- [salt](#) to taste

Method

1. Heat the oil in a non-stick pan and add the cumin seeds.
2. When they crackle, add the asafoetida, cloves and bay leaf and stir for a few seconds.

3. Add the onions, carrots, french beans and salt and sauté them for 4 to 5 minutes.
4. Add the varagu and matki sprouts along with the turmeric powder, chilli powder and coriander powder and mix well.
5. Add approx. 2½ cups of water, cover and cook over a medium flame till the varagu and matki are cooked.
6. Serve hot with low fat curds or jamun raita.

Nutrient values per serving

Amt	Energy	Protein	Cho	Fat	Vit-A	Vit-C	Calcium	Iron	F.Acid	Fibre
53 gm	98 kcal	3.4 gm	17.6 gm	1.6 gm	160.7 mcg	4.3 mg	34.1 mg	0.9 mg	11.3 mcg	2.2 gm

9. Varagu Upma

A fibre rich version of upma that is good for a diabetic breakfast. This recipe cooks varagu in yoghurt gravy that is tempered with urad dal and green chillies and other subtle spices. Varagu is not a very commonly used cereal. It resembles larger grains of rava (semolina), but is healthier than rava since it is unrefined and also has a low glycemic index. Look for it at your neighbourhood grocery store or at a health food store. In case you cannot find it, use bulgur wheat instead.

Add your private note

Preparation Time: 10 mins.

Cooking Time: 15 mins.

Serves 2.

Ingredients

1/2 cup [kodri \(varagu\)](#), cleaned and washed
1/4 cup [chopped onions](#)
3/4 cup [mixed vegetables](#)
1 tsp [urad dal \(split black lentils\)](#)
1/2 tsp [mustard seeds \(rai / sarson\)](#)
1 to 2 [green chillies](#)
2 to 3 [curry leaves \(kadi patta\)](#)
a pinch of [asafoetida \(hing\)](#)
1 tsp [oil](#)
1/4 cup [low fat curds \(dahi\)](#), beaten
[salt](#) to taste

Method

1. Dry roast the varagu till it is golden brown. Keep aside.
2. Heat the oil in a non-stick pan and add the urad dal, mustard seeds, green chillies and curry leaves.
3. When the mustard seeds crackle, add the asafoetida and onions and sauté till the onions are golden brown in colour.
4. Add the vegetables along with ½ cup of water and cook till they are tender.
5. Add the varagu, salt and 1½ cups of water. Mix well, cover and simmer for 5 to 10 minutes till the varagu is cooked, adding more water if required.
6. Add the curds and mix well.
7. Serve hot.

Nutrient values per serving

Amt	Energy	Protein	Cho	Fat	Vit-A	Vit-C	Calcium	Iron	F.Acid	Fibre
96 gm	178 kcal	6.1 gm	31.5 gm	3.1 gm	186.6 mcg	6.7 mg	69.9 mg	0.8 mg	20.0 mcg	4.3 gm

10. Veg Fried Kodri (Healthy Diabetic Recipe)



A variant of the popular fried rice, which is considered a trademark dish of Chinese cuisine, this is a version that you can eat to your heart's content as kodri is much healthier than rice. With no compromise on the taste and experience, you can enjoy a healthy treat!

Add your private note

Soaking Time: 5 to 7 minutes

Preparation Time: 15 mins

Cooking Time: 40 mins

Makes 4 servings

Ingredients

- 1 tsp [oil](#)
- 1/2 tbsp [chopped celery](#)
- 1/4 cup [chopped spring onions whites](#)
- 1/4 cup thinly [sliced french beans](#)
- 1/8 cup thinly [sliced carrots](#)
- 1/4 cup thinly [sliced capsicum](#)
- 1/4 cup [shredded cabbage](#)
- 1/4 cup [bean sprouts](#)
- 1 1/4 cups cooked [kodri \(varagu\)](#)
- 1/2 tsp [soy sauce](#)
- 1/2 tsp [vinegar](#)
- 1/2 cup [chopped spring onion greens](#)
- [salt](#) to taste

For Serving

[chillies](#) in [vinegar](#)
pc [chilli sauce](#)

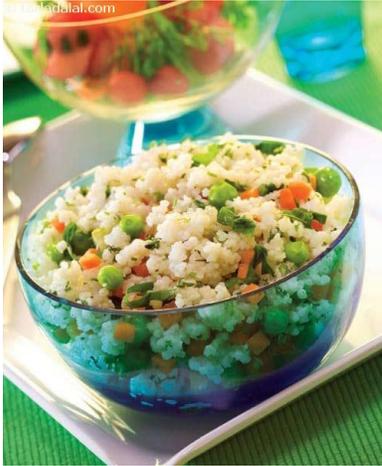
Method

1. Heat the oil in a non-stick kadhai, add the celery, spring onion whites, french beans carrots, capsicum, cabbage and bean sprouts, mix well and sauté on a high flame for 3 to 4 minutes while stirring continuously.
2. Add the kodri, soya sauce, spring onion greens and salt, toss gently and sauté on a high flame for another minute, while stirring gently once in between.
3. Serve hot with chillies in vinegar and chilli sauce.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Vitamin C	Iron	Folic acid	Zinc	Fibre
71 calories	3.1 gm	8.9 gm	2.7 gm	35.2 mg	1.2 mg	14.0 mcg	0.5 mg	1.5 gm

11. Vegetable Cheesy Kodri (Healthy Diabetic Recipe)



Risotto is best when freshly prepared and promptly eaten! since rice is not advisable for diabetics, kodri is a better option. Full of fibre and iron, it tastes equally good. In fact, you could try replacing rice with kodri in your regular diet to keep a check on blood sugar levels. That apart, this recipe is a must try as it is my favourite too! with spinach, carrots, peas, fresh herbs and mozzarella cheese, it is a healthy treat for all. To make this dish even creamier, i have added low fat milk mixed with corn flour. You can also try making this risotto with just mushroom and mozzarella cheese, for a change. But remember, healthy as it may be, it is still meant to be only an occasional treat and not regular fare for diabetics!

Add your private note

Soaking Time: 5 to 7 minutes

Preparation Time: 10 mins

Cooking Time: 20 mins

Makes 4 servings

Ingredients

1/2 cup [kodri \(varagu\)](#)

2 tsp [oil](#)

1/4 cup finely [chopped carrots](#)

1/4 cup [green peas](#)

1 tsp [chopped garlic \(lehsun\)](#)

[salt](#) to taste

1 cup [spinach \(palak\)](#) , [blanched](#) , drained and finely chopped

- 2 tbsp [chopped fresh basil leaves](#)
- 2 tbsp finely [chopped celery](#)
- 1 tbsp finely [chopped parsley](#)
- 1/4 cup [grated mozzarella cheese](#)
- 1/4 tsp finely [chopped green chillies](#)
- 1 tsp [cornflour](#) mixed with 1/2 cup [low fat milk](#) (99.7% fat free , readily available in the market)
- 2 tbsp fresh [low fat cream](#)
- 2 to 3 tbsp [white wine](#) (optional)

Method

1. Clean, wash and soak the kodri for 5 to 7 minutes. Drain and keep aside.
2. Heat the oil in a non-stick kadhai, add the kodri and sauté on a slow flame for 4 to 5 minutes, while stirring continuously.
3. Add the carrots, green peas and garlic, mix well and sauté on a medium flame for 2 minutes, while stirring continuously.
4. Add 3 cups of hot water and salt, mix well and bring to boil. Cover and simmer till the kodri is almost cooked, adding a little water if required.
5. When the kodri is cooked, add the spinach, basil, celery, parsley, mozzarella cheese, green chillies, cornflour-milk mixture, cream and white wine, mix gently and cook on a slow flame for another 4 to 5 minutes, while stirring continuously.
6. Serve immediately.

Handy tip:

1. You can cook the risotto till step 4 and keep aside. Continue with step 5 only when ready to serve, else the greens, i. e. , spinach, basil and parsley will discolour.

Nutrient values

Energy	Protein	Carbohydrates	Fat	Vitamin C	Iron	Folic acid	Zinc	Fibre
132 calories	5.5 gm	18.0 gm	4.6 gm	19.8 mg	1.4 mg	64.0 mcg	0.4 mg	2.4 gm