



Mushroom Omelette

serves 3

INGREDIENTS

Eggs	3 medium
Chopped crimini mushrooms	140g (5oz)
Chopped scallion (green onions)	2 tablespoons
Chopped cilantro (coriander leaves)	1 tablespoon
Chopped red bell pepper	2 tablespoons
Ground black pepper	1 teaspoon
Shredded cheddar cheese, reduced fat	3 tablespoons
Olive oil	1 tablespoon

METHOD OF PREPARATION

1. Whisk eggs and 2 tablespoons of water together, set aside
2. Heat the pan over medium heat. Add 2 teaspoons of olive oil.
3. Saute mushrooms, green onions, and bell pepper for 3 minutes. Transfer to a bowl with cheese.
4. Add 1 teaspoon of oil to the pan and slowly add the egg mixture.
5. As the mixture starts to cook, gently lift edges and tilt pan, for the uncooked portions to flow underneath.
6. Top half of the omelette with cheese and the cooked mushroom, green onions and bell pepper mixture.
7. Fold over and cook for 1 minute.
8. Transfer to a serving plate, garnish with cilantro and serve immediately.

NUTRITION INFORMATION per serving:

Energy	190 Kcal
Carbohydrate	3g
Protein	13g
Fat	14g
Saturated fat	4.7g
Cholesterol	188mg
Dietary fibre	1.7g
Sodium	172mg
Carbohydrate Exchanges =	~ 0.25 exchange



Recipe and photo by Kohila Govindaraju, freelance nutritionist



Mushroom-Stuffed Paratha

serves 8

INGREDIENTS

Paratha Dough

Whole wheat flour	1 cup
Salt	1/2 teaspoon
Plain yoghurt, low fat	1 tablespoon

Filling

Finely chopped button mushrooms	1 cup
Coriander powder	1 teaspoon
Chilli powder	1 teaspoon
Cumin seed powder	1 teaspoon
Olive oil	3 tablespoons

METHOD OF PREPARATION

Paratha Dough

1. Combine all the ingredients in a bowl, mix well and knead into a soft dough, with water
2. Cover and set aside for 20 to 30 minutes.
3. Divide the dough into 8 equal portions.

Filling

4. Heat the pan over medium heat, add 2 tablespoons of olive oil, saute mushroom for 2 minutes.
5. Add coriander, chilli, cumin seed powder and salt, mix well and cook for 3 minutes. Set aside to cool.
6. Divide the filling into 8 equal portions.

Stuffed Paratha

7. Roll out a portion of the dough into a circle with a 5" diameter.
8. Spoon one portion of the mushroom filling over one half of the paratha, flip the other half over to cover the mushrooms and gently press the edge of the paratha.
9. Heat the pan and cook each paratha using little oil, till golden brown spots appear on both sides.
10. Repeat to make 7 more paratha.

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NUTRITION INFORMATION per serving:

Energy	109 Kcal
Carbohydrate	12g
Protein	2g
Fat	6g
Saturated fat	0.9g
Cholesterol	0mg
Dietary fibre	2.1g
Sodium	130mg
Carbohydrate Exchanges =	~ 1 exchange

