

Recipe Name: BEETROOT AND SASAME SEED CHAPATHI

Diet Type: Vegetarian

Course:

Cuisine: Indian

Quantity:



Description

Beetroot and sesame seed chapathi is a colorful, nutritious roti made with beet puree and crunchy sesame for added flavor and minerals.

Ingredients

Whole Wheat Flour: 1/2 to 1 cup, depending on the number of chapatis desired. Beetroot: 1/4 cup boiled, peeled, and finely grated or pureed. Sesame Seeds (Til): 1 tablespoon. Spices: 1/2 tsp chili powder, 1/2 tsp coriander powder, 1/4 tsp turmeric powder, a pinch of asafoetida (hing), and salt to taste. Oil/Ghee: For kneading the dough and cooking the chapatis. Water: As needed to knead a soft dough.

Instructions

Prepare the Beetroot: Wash, peel, and pressure cook or boil the beetroot pieces until tender. Once cooled, grate or blend them into a smooth puree. **Knead the Dough:** In a large bowl, combine the whole wheat flour, grated beetroot/puree, sesame seeds, salt, and all the spices. Mix well. **Add Moisture:** Add water very gradually, only if necessary, as the moisture from the beetroot usually provides enough to form a smooth, pliable dough. You can also add a teaspoon of oil or ghee while kneading to keep the dough soft. **Rest the Dough:** Cover the dough with a damp cloth or lid and let it rest for at least 15-30 minutes. **Roll the Chapatis:** Divide the dough into equal small portions. Dust a rolling surface with a little dry flour. Roll each portion into a thin circle (about 4 inches in diameter). **Cook the Chapatis:** Heat a non-stick tawa (griddle) over medium heat. Place the rolled chapati on the hot tawa. Cook for about 15 seconds until small bubbles appear, then flip it. **Finish Cooking:** Cook the other side for about 30 seconds. Flip it again, press gently with a spatula, and apply a little oil or ghee to both sides to cook until golden brown spots appear and the chapati puffs up. **Serve:** Serve the beetroot and sesame seed chapatis hot with fresh curd, pickle, dal, or any vegetable curry.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	25	2	4	2

