DietCloud – Recipe

Recipe Name: BEETROOT AND SASAME SEED CHAPATHI

Diet Type: Vegetarian

Course: General 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

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