

Veggie Marble Idli: A combination of nutrients

N. Sai Aishwarya¹ and Dr. Afifa Jahan²

¹M.Sc .Food and Nutrition, PJTSAU, Telangana

²Scientist, KVK Palem, Nagar Kurnool

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Introduction

The importance of having proper nutrition has in recent years been emphasized as a key factor in leading a healthy life and has contributed to the trend toward healthier diets. The basic need for today's preschool children who are involved in more physical activities with rapid growth and development includes all varieties without losing its nutritional properties while processing. Variety seeking is important in increasing macronutrients in the diet as the choice of a plethora of foods can increase the number of different nutrients a person consumes. Specifically, variety-seeking supports procuring adequate levels of nutrients and calories. A diverse diet is crucial to obtain the full range of vitamins and other dietary components (such as fiber) that are found in different kinds of foods.

Beet Root

Beet root (*Beta vulgaris*) is a taproot portion of a beet plant. Early studies reported that beetroot contains carbohydrates (9.96 g/100 g) such as starch, fructose, sucrose, glucose, dietary fiber; protein (1.68 g/100 g), fat (0.18 g/100 g) and leaves also contain carbohydrates (5 g/100 g), starch (4.5 g/100 g) and protein (14.8 mg/100 g). Beetroot contains highly active pigments, betalains, ascorbic acid, carotenoids polyphenols, flavonoids, saponins and high levels of nitrate (644–1800 mg/kg).

Black Gram Dal

Black gram dal (*Vigna mungo*), the Black grain, Urad bean, Ulundu paruppu, Minapa pappu, Mungo bean. Whole black gram dal is a rich source of protein, iron, dietary fibre and essential minerals such as calcium and iron.

Spinach

Spinach (*Spinacia oleracea*) is one of the most important and nutritious vegetable eaten raw or cooked it provides very good amount of vitamins B6, riboflavin, folate, niacin, soluble

dietary fiber, omega 3-fatty acid and minerals. Spinach is also rich with iron; its use prevents diseases like osteoporosis, anaemia results of iron deficiency. In adding to its food value, spinach has a numeral therapeutic uses.

Preparation

Veggie marble idli is a value added recipe that contains nutritious and colorful vegetables. The ingredients are locally available and combination of these ingredients will give a healthy recipe

1. First make fermented idli batter using urad dal, Grind spinach and beetroot separately,
2. Mix idli batter with beetroot and spinach paste separately,
3. Then make layers of these three pastes one above the other,
4. Now steam the dish for 20 minutes to make delicious and healthy idli recipe.



Fermentation of idli batter improves the nutrition and protein efficiency value. Fermented foods are an important part of everyday human diet in many cultures around the globe due to their high nutritional quality, health benefits, characteristics, organoleptic properties, short preparation period, sustained shelf life, aroma, and flavor.

Several studies suggested **Steaming** as the most efficient process to retain health-promoting compounds in cruciferous vegetables when compared to for example, blanching, boiling, or microwaving. It is generally accepted that steaming involves fewer losses of water-soluble compounds like vitamin C than boiling.

Beetroot is a Super food i.e nutrient dense that contains many vitamins and is easily digested, Beet contains betalin a strong antioxidant that reduce free radicals and inflammation in body, Beet is naturally sweet and the beautiful ruby hue of beets make for a unique sensory expression.

Spinach has a high level of water content, which will help to be hydrated naturally. The presence of calcium and vitamins in spinach makes it good for developing bones. The protein in spinach helps with the development of muscles. All the nutrients combined in spinach ensures that the body's immunity remains high, thus, helping in fighting off the viruses and bacteria. With the high amount of dietary fiber present in spinach, it makes a natural laxative for the kids that will aid in smooth bowel movement and also fight constipation and gas.

Black gram dal is considered to be one of the most nutritious lentils and hence is used often to make every day foods. Apart from being high in Calcium and protein, it is also a great brain food. Since, it is high in essential fatty acids.

Conclusion

The idli is made using beetroot and spinach, The process of cooking includes fermentation that enhance the nutrient value and steaming that retains the nutritional value of Spinach and Beetroot without losing its natural color and taste.

This type of colored recipes creates visual satiety and also encourages children to have healthy food. The recipe is a combination of Grains, Tubers and Green leafy vegetables that covers maximum need of healthy diet.