



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार




Recipe Book on Moringa

KNOW MORE ABOUT THE BENEFITS OF MORINGA



Deendayal Antyodaya Yojana - National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

A photograph of a Moringa tree with long, slender, green seed pods hanging from its branches. The leaves are small and green. The background is a clear blue sky.

THIS BOOKLET introduces the readers to basic information on Moringa, its habitat, nutritive value and medicinal benefits. It provides standardised recipes using Moringa leaves and other parts of the plant that can be made easily at home. Moringa plantation is being promoted through various initiatives. The information in this recipe booklet can be utilized to promote consumption of Moringa and avail its benefits.

ABOUT MORINGA

Moringa oleifera is a fast-growing, drought-resistant tree of the family Moringaceae, native to the Indian subcontinent. Its common names include Moringa, Drumstick (due to the long, slender, triangular seed pods), Horseradish (due to the taste of its roots which resembles horseradish), and Ben oil tree. Moringa is a sun and heat loving plant, and does not tolerate freezing or very cold conditions. Moringa is particularly suitable for dry regions, as it can be grown using rainwater without expensive irrigation techniques. Moringa is grown in home gardens and as living fences in South Asia and Southeast Asia, where it is commonly sold in the local markets.

Moringa has been used for centuries due to its medicinal properties and health benefits. It has antifungal, antiviral, antidepressant, and anti-inflammatory properties. It is very rich in antioxidants and is the only plant that has all essential amino acids. Moringa is considered as one of the world's wonder crop, packed with nutrients in all its plant parts.



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MORINGA OLEIFERA

A Miracle Tree (Drumstick Tree)

1. Introduction

Moringa oleifera is a miracle tree belongs to moringaceae family having 13 different species and one genus only. It is a native tree of sub-Himalayan region; it is now native in many parts of the world like Arabia, South East Asia, Africa, the Pacific and Arabian islands and South America. It has different names in different regions like Shigru in Sanskrit, Sehjan in Hindi, Sohanjna in Punjabi, Sajna in Bengali and Drumstick tree or Horseradish tree in English.

Moringa is widely known and consumed in these regions along with other vegetables due to its outstanding nutritional profile. It is rich source of micro and macro nutrients. It has earned its name as “miracle tree” due to its phenomenal healing ability for different diseases including some chronic diseases. Moringa leaves and fruit are valuable source of vitamins and minerals. The leaves contain appreciable levels of several types of phenolic compounds, which confer hepatoprotective, anti-inflammatory and anti-proliferative properties. The leaves contains 7 times more Vitamin-C than orange, 4 times more calcium than milk, 4 times more Vitamin than carrot, 2 times more protein than milk and 3 times more potassium than banana, and it is rich in iron also. It also has calcium, protein, iron, and amino acids, which helps the body to heal and build muscle.



2. Promotion of Moringa Oleifera plantations

Each household should be encouraged to have a Moringa tree in their backyard. Those who do not own enough space in their house can be encouraged to plant Moringa in the available community spaces and benefit out of it.

Intensive Cultivations for improving livelihoods: With proper planting and management, a drumstick plantation can yield 18 to 20 tonnes of pods per acre per year and 25 to 32 tonnes of fresh leaves per acre in a year. This can also serve as a good source of income.

Soil

Annual moringa comes up well in a wide range of soil. A deep sandy loam soil with a pH of 6.5 – 8 is ideal for cultivating this crop.

Season

Planting is done during July – October

Seed Rate

500 g/ha of seeds are required. Sow two seeds per pit at a depth of 2.5-3.0 cm. The seeds can also be sown in the poly bags containing pot mixture and transplanted after 35 -40 days of sowing.

Preparatory cultivation

Dig pits of size 45 cm x 45 cm x 45 cm with a spacing of 2.0 - 2.5 m either way. Apply 15 kg of compost or FYM/pit after mixing with top soil.

Manuring

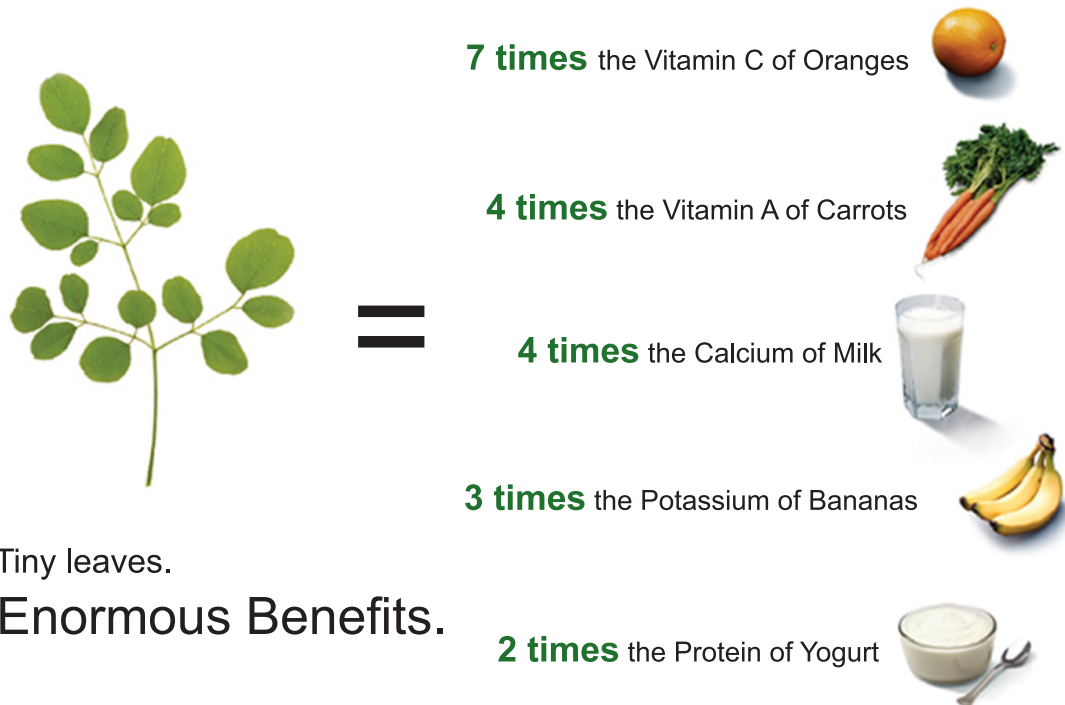
A fertilizer dose of 45:15:30 g of NPK/pit may be applied 3 months after sowing. Apply 45 g of N/pit after 6 months when the crop is in bearing.

Irrigation

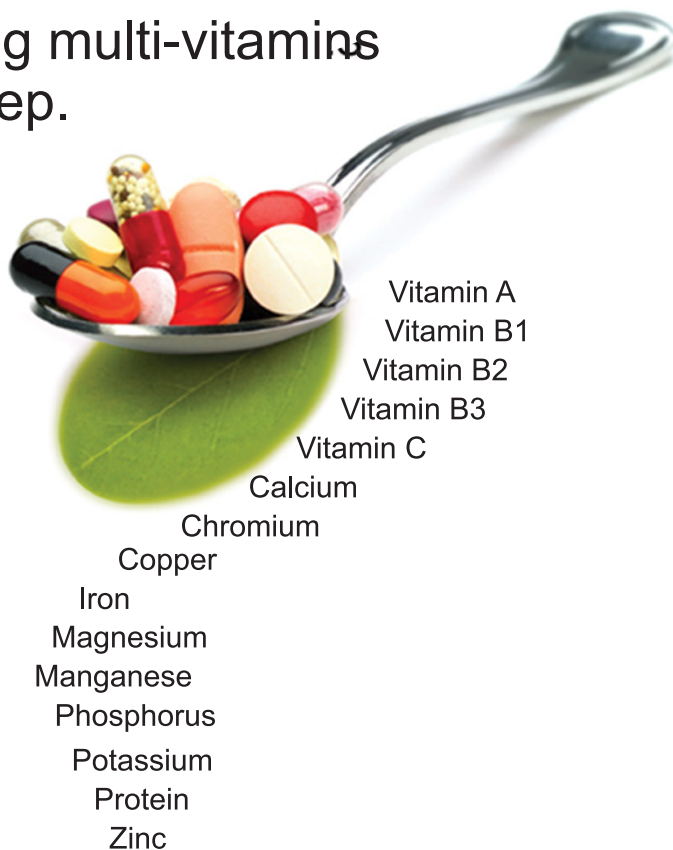
Irrigate before sowing and on the 3rd day after sowing and subsequently at 10 – 15 days interval according to soil type.

3. Nutritional Significance:

100 grams of fresh leaves contains



It's like growing multi-vitamins
at your doorstep.



4. Functional Properties and bio-Active Compounds

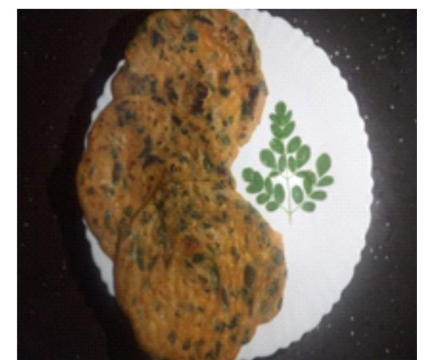
Moringa species have a wide variety of functional compounds from various vegetative parts, that is, leaves, roots, seeds, and green pods. Such functional compounds are made of carbohydrates, phenolic substances, fatty acids and fats, and proteins and are ideally suitable for several dietary formulations. The previous studies have also reported the use of Moringa bioactive compounds in functional foods and several commercial food uses. Such plants may be used for various food technology applications, such as antimicrobial agents, antioxidant, and food fortification, including nutritional and technological applications, because of high amount and the quality of bioactive components. In vitro and in vivo, all parts of Moringa oleifera Lam plant extracted with water, methanol, and ethanol solvents have shown excellent antioxidant activity, phenolic activity, antiepileptic, anticonvulsant, antidiabetic, antibacterial, and anticancer activity.

TABLE 1: Functional properties of moringa plant parts

| S.No. | Moringa plant parts | Functional properties |
|-------|---------------------|---|
| 1 | Seeds | Analgesic, Anti-spasmodic, Diuretic, Anti-allergic, Antibacterial, Larvicidal, Anti-Viral |
| 2 | Seed Kernels | Anti-asthmatic, Anti-asthmatic, Anti-inflammatory |
| 3 | Pods and seeds | Hypotensive |
| 4 | Leaves | Anti-ulcer, Hyperthyroidism, Anti-diabetic, Anti-diabetic, Hypo-lipid emic, Anti-helminthic, Anti-oxidant, Hypo-cholesterol emic, Hepatoprotective, Hepatoprotective, Antifungal, Antibacterial, Anti-oxidant, Nutritional supplement, Anti-ulcer, Ant atherosclerotic, Hypolipidemic |
| 5 | Roots | Analgesic and anti-convulsive, Ant nociceptive, Anti-inflammatory, Anti-cancer , Anti-inflammatory, Anti-urolithiatic |
| 6 | Flowers | Anti-arthritic |
| 7 | Bark | Anti-urolithiatic |
| 8 | Foliage | Lactation enhancer |

No single food item fulfils all the nutritional needs so a combination of foods from different groups can potentially provide optimal dietary balance. Moringa leaves contain iron, calcium, β -carotene, zinc, magnesium, thiamine, riboflavin, niacin, phosphorous, and vitamin C along with other bioactive compounds. Because of such high nutritional value, Moringa leaves have been used in the development of food products.

Recipes using Moringa leaves



RECIPE 1

COOKING TIME

Moringa Carrot Sabji



10 MINUTES

Ingredients

1. Moringa leaves fresh- 100gm
2. Grated Carrot - 100gm
3. Onion 1No- 100gm
4. Oil - 5ml
5. Salt to taste
6. Green Chillies- 2 Nos- 30 gm
7. Mustard seeds and Urad Dal



Procedure

- Shred the fresh moringa leaves, clean them remove the thick stems and collect the leaves.
- Peel and grate the carrots.
- Cut the onion into small pieces. Take two green chillies and cut them into small pieces.
- Lit the stove and keep the kadai for frying. Pour 2 spoons of oil in the kadai.
- Season it with little Mustard and Urad dal.
- After it gets fried to golden colour add cut onions and fry them till golden brown.
- Add the moringa leaves and toast it for 5 to 10 minutes until the leaves get cooked well without raw leaf smell. Add salt to taste while toasting leaves
- Now add the grated carrot and saute it for a minute and stop the heat.



Servings: 3 people

Nutritive Value of Moringa Carrot Sabji

The prepared quantity of Moringa Carrot Sabji contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 9.67 | 243.7 | 7.18 | 35.1 | 575.9 | 3.8 | 26452.1 | 4.74 |

RECIPE 2

COOKING TIME

Moringa Chutney



10 MINUTES

Ingredients

1. Moringa leaves fresh- 100gm
2. Bengal Gram Dal – 20gm or 2 table spoons
3. Urad Dal -10gm or 1 table spoon
4. Oil – 5ml
5. Salt to taste
6. Red Chillies- 5 Nos or 5 gm
7. Tamarind- 10 gm



Procedure

- Shred the fresh moringa leaves clean them and remove the thick stems and collect the leaves.
- Wash in salt water
- Sauté the fresh leaves with little oil in the kadai for 5 minutes until the raw smell of the leaves disappear and keep it separate.
- Season Urad Dal, Bengal gram Dal and red chilies in the dry kadai till golden brown.
- Add the sauted leaves, Urad Dal, Bengal gram Dal, red chilies with salt and tamarind and grind it in the mixer.
- Consume it with Idli, dosa, roti, and rice.



Servings: 4 people

Nutritive Value of Moringa Chutney

The prepared quantity of Chutney contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 14.365 | 286.7 | 8.28 | 38.74 | 491.6 | 4.105 | 19742.85 | 3.3 |

RECIPE 3

COOKING TIME

Moringa Dal Fry



15 MINUTES

Ingredients

1. Moringa leaves fresh- 100gm
2. Toor Dal – 50gm
3. Oil – 5ml
4. Onion- ½ size
5. Garlic Pods-2
6. Tomato-1 Nos
7. Salt to taste
8. Red Chilly- 5 Nos or 5 gm

Procedure

- Pressure cook the Toor Dal with one cut tomato with little added turmeric until it softens well.
- Add two table spoons of oil to season mustard seeds, cut onions, red chillies, garlic and saute it till golden brown.
- Add the fried onions into the boiled Dal water and add salt to taste and mix well
- Shred fresh moringa leaves clean them, remove the thick stems, and collect the leaves.
- Wash the leaves properly and add them to the Dal, boil the Dal for 5 more minutes.
- It is ready to serve.



Servings: 3 people

Nutritive Value of Moringa Dal Fry

The prepared quantity of Dal contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 21.665 | 363 | 7.52 | 52.14 | 521.5 | 5.555 | 20141.75 | 3.42 |

RECIPE 4

COOKING TIME

Moringa Soup



10 MINUTES

Ingredients

1. Moringa leaves fresh- 50gm
2. Moong dal – 50gm or 4 table spoons
3. Garlic- 2 pods /5gm
4. Small onion- 5no/ 10gm
5. Oil – 5ml
6. Salt to taste
7. Black Pepper crushed- 1 table spoon/5 gm
8. Jeera- 1 table spoon
9. Curry leaves-10 nos
10. Water for boiling
11. Green Chilies- 3 nos



Procedure

- Add two table spoon oil and season with mustard, and mashed garlic, onion, jeera, black pepper and green chillies, Add a tumbler of water and add moringa leaves to boil for 10 minutes.
- Boil moong dal in pressure cooker as soft as it could be and make it to thin dal water.
- Shred the fresh moringa leaves clean them and remove the thick stems and collect the leaves.
- Add the boiled thin dal, salt to taste into the boiling moringa leaves soup and let it boil for 5 more minutes. Serve hot.

Servings: 2 people

Nutritive Value of Moringa Soup

The prepared quantity of Soup contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 18.922 | 323.86 | 7.45 | 45.25 | 361.1 | 6.55 | 10414.2 | 3.77 |

RECIPE 5

COOKING TIME

Moringa Green Gram Dal



10 MINUTES

Ingredients

1. Moringa leaves fresh- 50 gm
2. Green Gram dal – 50 gm
3. Green Chillies -10 gm or 4nos
4. Oil – 5ml
5. Salt to taste
6. Tomato- 1 Nos or 50 gm
7. Spring Onion- 5 Nos or 10 gm
8. Jeera- 1 table spoon
9. Black pepper – 1 table spoon
10. Dry coriander seeds- 1 table spoon

Procedure

- Shred the fresh moringa leaves clean them and remove the thick stems and collect the leaves.
- Cut the onions into small pieces. Take two tomatoes, green chillies and cut them into small pieces.
- Lit the stove and place the pressure cooker and soak green gram for boiling. Add all the cut tomatoes, G.chillies, onions along with boiling dal.
- Add salt to taste to the boiling ingredients.
- After dal is cooked and the ingredients are well boiled, add the cleaned and washed moringa leaves and boil for 5 more minutes.
- This is ready to serve.



Servings: 3 people

Nutritive Value of Moringa Green Gram Dal

The prepared quantity of Moringa green gram dal contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 18.735 | 331.2 | 8.52 | 44.93 | 397 | 4.815 | 10393.9 | 4.965 |

RECIPE 6

COOKING TIME

Moringa leaves Atta Dosa



15 MINUTES

Ingredients

1. Moringa leaves - 1/2 cup / 100 g
2. Wheat flour - 1 cup / 200g
3. Shredded coconut - 2 tbsp / 20 g
4. Coconut oil - 2 tbsp / 20 g
5. Red chilli powder - 1 tsp / 5 g
6. Salt - as needed
7. Water - 250 ml



Procedure

- Take a clean bowl and add 1 cup of wheat flour to it.
- Then, add 1 tsp of red chilli powder.
- To that, add half a cup of moringa leaves.
- To that, add 2 tbsp of shredded coconut.
- To that, add salt as needed.
- Add water little by little and mix it well, so that it turns into a dosa batter consistency.
- Take a dosa tawa and heat it.
- Spread 1 tbsp of coconut oil on the pan so that the batter / adai does not stick to the pan.
- Once the tawa is ready, take some batter and spread it like you do for a dosa.
- On the top of the adai, spread 1tbsp coconut oil so that the adai won't get rough and it also enhances the taste.
- Once when it looks like its half cooked; flip the adai, so that the other side of the adai also cooks evenly.
- The moringa leaves adai is ready. It is suggested to eat hot.



Servings: 2 people

Nutritive Value of Moringa Atta Dosa

The prepared quantity of Atta Dosa contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 32.595 | 1055.1 | 33.73 | 155.48 | 546 | 11.105 | 19765.25 | 6.93 |

RECIPE 7

COOKING TIME

Moringa Biryani



15 MINUTES

Ingredients

1. FOR COOKED RICE

- Basmati rice: 1 & ½ cup
- Lemon: ½ of a whole lemon
- Salt: as per taste
- Water: 3 cups

2. FOR MORINGA PASTE

- Moringa leaves: 1 cup
- Grated coconut: ½ cup
- Shallots: 3 nos.
- Green Chillies: 3 nos.
- Cinnamon stick: 1 small piece
- Jeera: 1 tsp
- Peppercorn: 1 tsp
- Cardamom: 3 nos.
- Garlic: 2 cloves

3. FOR MORINGA RICE

- Ghee: 2 tbsp
- Shallots: 3 nos.
- Cooked rice: 1 & ½ cup
- Prepared moringa paste: 5 tbsp



Procedure

- Add 1 & ½ cup of basmati rice into 3 cups of boiling water. Also add few drops of lemon and salt as per the taste.
- Preparation of Moringa paste, take a mixie jar, add half cup of grated coconut, three pieces of shallots and three green chilies. Add one piece of cinnamon stick, one teaspoon of Jeera,

one teaspoon of peppercorn, three cardamom, one whole cup of moringa leaves and lastly two cloves of garlic.

- Heat a heavy bottom vessel. Add two table spoons of pure ghee. As the ghee starts to get heated, add in three sliced shallots into it.
- When the color of shallots turn into slightly brown, add the cooked rice and saute them well.
- Then add the prepared moringa paste into the vessel and mix them well until the paste is spread evenly throughout the rice.
- Add some salt if required.
- Finally, lets present it with some pomegranates on the top

Servings: 2 people

| <i>Nutritive Value of Moringa Biryani</i> | | | | | | | |
|---|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| <i>The prepared quantity of Biryani contains the following nutrients</i> | | | | | | | |
| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
| 29.05 | 1298.75 | 50.11 | 182.9 | 606.1 | 8.262 | 15842 | 4.08 |

RECIPE 8

COOKING TIME

Moringa Leaves Stuffed Paratha



15 MINUTES

Ingredients

1. Wheat Flour-250gm
2. Moringa leaves -1 cup
3. Black pepper -½ tsp
4. Coriander seeds - ½ tsp
5. Cumin seeds - ¼ tsp
6. Onion - 1
7. Green chilli - 2
8. Ginger - small piece
9. Groundnut oil - 2 tsp
10. Turmeric powder - ½ tsp
11. Chilli powder - ¼ tsp
12. Salt - as needed
13. Amchur powder - ¼ tsp
14. Salt to taste
15. Water & Oil



Procedure

STUFFING: To a hot frying pan add 2 tsp of groundnut oil (can use any oil / gee). Once the oil is heated add the coarsely ground spices, allow the spices to get slightly roasted for about 20-30s and then add in the chopped onions, green chilli and grated ginger, once the onion is transparent and start to turn golden brown lets add ½ tsp turmeric powder and ½ tsp chilli powder. Sort it for about 10-15 min so that the raw flavour of the masala is diminished. next add the roughly chopped moringa leaves, the leaves will start to wilt almost immediately add salt (required amount) and ¼ tsp of amchur powder (dry mango powder) and our moringa leaf filling for the paratha is ready. Keep it aside and allow it to cool.

PARATHA: Knead 1 cup of wheat flour with adequate amount of water, salt and oil. Until it becomes a soft dough. Divide the dough to equal parts. To make the roti sprinkle some wheat flour on the rolling board, press down, and make sure that the roti dough is well coated with the flour. Roll it into a small roti and place 2 tsp of filling in the roti and close it by attaching the sides. Again, coat the roti with flour and roll it into a round shape. Now spread some groundnut oil on a hot tawa, to this place the roti. Once the roti is slightly cooked flip it over add some oil if necessary and spread it out. Once both sides of the roti is perfectly cooked transfer it to a serving dish. Now we can enjoy the healthy and nutrient dense paratha with curd or garlic chutney.

Servings: 2 people

| <i>Nutritive Value of Moringa Stuffed Paratha</i> <i>The prepared quantity of moringa stuffed paratha contains the following nutrients</i> | | | | | | | |
|---|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
| 20gm | 483Kcal | 2.1g | 203.3g | 534.9mg | 6.35mg | 6809Ug | 0.9g |

RECIPE 9

COOKING TIME

Moringa Leaves Tava Roti



15 MINUTES

Ingredients

1. Moringa leaves - 4 to 5 sticks
2. Wheat flour - 1 cup
3. Salt - required for taste
4. Cumin seed - ½ tsp
5. Ajwain - ½ tsp
6. Turmeric - ¼ tsp
7. Chilli powder - ½ tsp
8. Ginger - 1 inch grated



Procedure

- Take 4 to 5 sticks of moringa leaves.
- Clean and rinse with water. Add 1 cup of wheat flour and required amount of salt to it.
- Then add ½ tsp of cumin seed and ½ tsp of Ajwain. Add ¼ tsp of turmeric and ½ tsp of chilli powder.
- Take 1 inch of ginger, grate it and add it. Give a mix. Add water little by little and knead it into a dough.
- After kneading grease, it with oil. Let the dough sit for 10 mins.
- After 10 mins make it into balls and roll this into flat rotis.
- Now heat a dosa tawa, and put the rolled rotis. Let this cook well.
- Then keep it in a plate and serve it hot with any pickle or curry.

Servings: 2 people

Nutritive Value of Moringa Leaves Tava Roti

The prepared quantity of moringa tava roti contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 28.49 | 745.8 | 5 | 146.88 | 370 | 10.81 | 9929.1 | 4.85 |

RECIPE 10

COOKING TIME

Kodu Millet Moringa Dosa



15 MINUTES

Ingredients

1. Urad Dal -50g
2. Kodo Millet -200g
3. Fenugreek -3g
4. Moringa Leaves -50g
5. Coriander leaves -7g
6. Green Chilli -7g
7. Garlic -7g
8. Cumin seeds -2g



Procedure

- Take the Urad dal, Kodo millets and Fenugreek in a bowl and soak it for 4 hours.
- Now filter the water and grind the Urad dal, Kodo millets and the Fenugreek into a fine paste and keep it aside.
- Now grind the Moringa leaves, Coriander leaves, Green chilli, Garlic and the cumin seeds with a pinch of salt into a paste.
- Add the moringa leaves paste into the paste of urad dal and stir well to make the batter.
- Now heat a pan and grease it with oil.
- Pour the batter on the pan and swirl the ladle around to make the batter into a thin layer.
- Cook on both sides and serve.

Servings: 2 people

Nutritive Value of Moringa Leaves Millet Dosa

The prepared quantity of moringa millet dosa contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 33.266 | 862.91 | 4.448 | 172.67 | 370.18 | 3.90 | 10418.75 | 19.57 |

RECIPE 11

COOKING TIME

Moringa Ragi Roti



15 MINUTES

Ingredients

1. Ragi Flour -250g
2. Onion -200g
3. Oil -5ml
4. Moringa Leaves -100g
5. Green Chilli -10g
6. Water- 1 tumbler for mixing



Procedure

- Cut onions, green chillies, and cleaned fresh Moringa leaves in to smaller sizes.
- Take the measured Ragi flour add the above cut items and mix well with water and salt in bowl.
- Make a soft dough.
- Take a lemon size dough, flatten the soft dough on a banana leaf applying oil on it, and spread it to make an even distribution of the dough.
- Now heat a tawa and grease it with oil.
- Shift the ragi roti to the tawa and toast it until it gets cooked well on both sides and serve hot.



Servings: 2 people

Nutritive Value of Moringa Leaves Ragi Roti

The prepared quantity of moringa ragi roti contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 27.644 | 1014.9 | 5.21 | 215 | 1396.8 | 12.24 | 19895.7 | 11.78 |

RECIPE 12

COOKING TIME

Moringa Pongal



15 MINUTES

Ingredients

1. Moong Dal -50 g
2. Raw Rice -200 g
3. Jeera / Cumin seeds -5 g
4. Moringa Leaves -50 gm
5. Black Pepper -10 gm
6. Cashew Nuts- 10 gm
7. Water 4 tumblers
8. Salt to taste
9. Oil-10ml
10. Ghee -5 ml.



Procedure

- Fry the moong Dal with little ghee till golden brown.
- Season in hot oil the zeera, pepper, moringa leaves and add water and salt to taste in a pressure cooker. Add cashews also.
- Add rice to the boiling water and leave it for 4 whistles to pressure cook and serve hot.

Servings: 2 people

Nutritive Value of Moringa Leaves Pongal

The prepared quantity of moringa leaves pongal contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 35.11 | 1032.94 | 14.32 | 198.13 | 338.1 | 8.021 | 10154.1 | 4.22 |

RECIPE 13

COOKING TIME

Moringa Leaves Potato Sabji



15 MINUTES

Ingredients

1. Potatoes – 3 boiled and cut into cubes
2. Moringa leaves-300 grams
3. Onion – 1 finely chopped
4. Ginger – 1 inch finely chopped
5. Turmeric powder – ½ teaspoon
6. Red chilli powder – 1 teaspoon
7. Sambar powder – ¼ teaspoon
8. Mustard seeds – ½ teaspoon
9. Oil – 2 teaspoons
10. Salt – to taste



Procedure

- Heat a teaspoon of oil in a pan; add the chopped drumstick leaves, a little salt and sauté the Moringa leaves until it becomes soft and tender.
- As the drumstick leaves cook, you will notice that it releases water. Once soft increase the heat to high and sauté the drumstick leaves until all the water from the drumstick leaves is vaporised. Turn off the heat, transfer the drumstick leaves to another dish and keep aside.
- In another pan heat a tablespoon of oil; add in the mustard seeds, ginger, onions and sauté until the onions are lightly browned.
- Add the potatoes, sprinkle some salt and stir-fry until the potatoes are lightly roasted. Add the turmeric, red chilli powder, sambar powder and salt.
- Stir until all the ingredients are well combined.
- Sauté these potatoes for a couple of minutes until you get flavours arising from the dish and the potatoes get well coated with the spices. At this stage stir in the sautéed Moringa leaves.
- Cover the pan and simmer for another couple of minutes. Turn off the heat, transfer the sabji to a serving dish.

Servings: 2 people

Nutritive Value of Moringa Leaves Potato sabji

The prepared quantity of moringa potato sabji contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 24.17 | 650 | 17.68 | 106.06 | 1414.2 | 10.27 | 21241.61 | 5.85 |

RECIPE 14

COOKING TIME

Moringa Egg Omelette



15 MINUTES

Ingredients

1. EGGS - 2 (Whole) 45 Grams
2. Drumstick / Moringa Leaves - 30 Grams Finely Chopped
3. Butter - 1 Teaspoon
4. Black Pepper - ½ Teaspoon
5. Salt - ½ Teaspoon
6. Green Chillies - 2 small Finely chopped



Procedure

- Start by taking 120 grams or ½ cups of moringa leaves and chopping them to fine pieces. Make sure only the leaves are chopped, not the stem. Chop the 2 Green chillies into fine circular pieces.
- Take a large bowl and break the 2 Whole eggs into it. Add the chopped moringa leaves, Grams or ½ Teaspoons of salt, 2 chopped green chillies Grams or ½ Teaspoon of black pepper and stir all the ingredients in the bowl for 2 minutes.
- Light the stove on medium and place the pan, add 1 Teaspoon of butter and shake until the butter is melted.
- When the butter is completely melted and evenly spread, empty the bowl into the pan and make the content into a circular shape.
- Cook 1 side for a minute, flip the moringa egg roll to the other side, and slowly roll it into a cylinder.
- Move the rolls into a plate and add a few more moringa leaves as toppings and serve the delicious Moringa egg roll.



Servings: 2 people

Nutritive Value of Moringa Omlette

The prepared quantity of moringa egg Omlette contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 22.9 | 294 | 15.5 | 15.5 | 530 | 7.35 | 7375 | 7.7 |

RECIPE 15

COOKING TIME

Moringa Poha



15 MINUTES

Ingredients

1. Rice flakes – 100gm
2. Moringa leaves- 100gm
3. Roasted Ground nut – 50gm
4. Oil- 2 Table spoon
5. Salt taste
6. Turmeric Powder- ¼ spoon
7. Onion- 1 No
8. Chillies- 3 Nos

Procedure

- Soak the rice flakes for a minute in cold water and take it out squeeze the extra water and keep it ready in a plate.
- Season Oil, fry onion slices, add green chilly, turmeric powder, roasted groundnut in a hot kadai and add moringa leaves at last and roast it for 10 minutes till the raw leaf smell vanishes.
- Add at last the rice flakes into it and toast it for 5 minutes and serve hot.



Servings: 2 people

Nutritive Value of Moringa Poha

The prepared quantity of Poha contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 28.18 | 778.8 | 23.02 | 114.85 | 551.4 | 23.88 | 19897.4 | 5.11 |

RECIPE 16

COOKING TIME

Moringa Leaf Wheat Pakoda



15 MINUTES

Ingredients

1. Wheat flour-250gm
2. Moringa leaf-100gm
3. Onion- 1-50gm
4. Green chillies- 2 - 10 gm
5. Cumin seeds-10gm
6. Turmeric Powder-1/2 tsp
7. Salt to taste
8. Water-1/2 tumbler to sprinkle and mix
9. Oil- for frying



Procedure

- Mix the cut onions, green chillies, cumin seeds, turmeric powder, salt and oil (2 spoon) and Moringa Fresh leaves with a small amount of water and mix thoroughly.
- Leave the mixed batter for 30 minutes.
- Fry them in oil into small balls and serve hot.

Servings: 2 people



Nutritive Value of Moringa Pakoda

The prepared quantity of Pakoda contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 37.41 | 1058 | 457.56 | 195.51 | 694.45 | 15.01 | 19915.4 | 7.83 |

RECIPE 17

COOKING TIME

Moringa Drumstick- Sambar



20 MINUTES

Ingredients

1. Toor Dal-50g
2. S.Onion- 30gm (5 nos)
3. Green Chilly-2- 10gm
4. Tomato-1-50gm
5. Turmeric Powder-1/2 tsp
6. Sambar Powder- ½ tsp
7. Red chilly powder- ¼ tsp
8. Drumsticks-100gm
9. Salt to taste
10. Asafoetida
11. Tamarind-5gm
12. Butter or cream



Procedure

- Cook the Dal with turmeric powder and cut tomato to a soft consistency.
- Add oil to kadai and mustard, cut onions, G.Chillies, drumsticks, season them and add the cooked Dal content.
- Soak tamarind in a tumbler of water.
- Add sambar powder, chilly powder and salt to taste to the daal and let it boil. Add the squeezed tamarind water to the boiling sambar.
- Boil for about 15 minutes, ensure the inner side of the drumstick is boiled and cooked properly. Stop fire after adding asafoetida to hot sambar.
- Serve hot.

Servings: 2 people

Nutritive Value of Moringa Sambar

The prepared quantity of Sambar contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 16.33 | 228.1 | 0.65 | 39.08 | 103.5 | 5.09 | 643.7 | 6.49 |

RECIPE 18

COOKING TIME

Moringa -Drumstick- Coconut Sabji



15 MINUTES

Ingredients

1. Coconut-50gm
2. Fennel seeds- 10gm
3. Drumstick- 100gm
4. Tomato -1medium
5. Onion-1 -40gm
6. Turmeric Powder-1/2 tsp
7. Chilly powder-1/2tsp
8. Green Chilly- 2



Procedure

- Grind the grated coconut and fennel seeds with little water and make it into a paste.
- Add oil to kadai, add mustard seeds, cut onions, green chillies, tomatoes, drumsticks and season them to the ground coconut mix and add one tumbler of water until it is cooked well.
- Ensure the drumsticks are cooked well. It can be served hot with rice.



Servings: 2 people

Nutritive Value of Moringa Coconut Sabji

The prepared quantity of coconut Sabji contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 5.68 | 278 | 21.04 | 16.44 | 77.76 | 1.59 | 405 | 7.24 |

RECIPE 19

COOKING TIME

Moringa Leaf Paniyaram



15 MINUTES

Ingredients

1. Oil-1 stp -5 ml
2. Moringa leaves- 100gm

For Idly Batter:

1. Urad Dal – 50gm
2. Idli Rice- 200gm
3. Fenugreek- 2 Tablespoon (10gm)
4. Oil -10ml

Procedure

- Fry the moringa leaves with oil in a kadai. Grind the Moringa leaves and keep the paste ready. Soak the urad Dal for 30 minutes. Soak the rice and fenugreek for 3 hours. Grind the rice first till coarse, then grind Dal, and mix adding required salt. Mix the moringa greens paste and distribute it into idly maker. Steam the idlis and serve hot.

Servings: 2 people



Nutritive Value of Moringa Paniyaram

The prepared quantity of paniyaram contains the following nutrients

| Protein-gm | Energy-Kcal | Fats-gm | Carbohy-gm | Calcium-mg | Iron-mg | Beta Carotene-µgm | Fiber-gm |
|------------|-------------|---------|------------|------------|---------|-------------------|----------|
| 33.32 | 1046.3 | 11.08 | 203.21 | 504 | 5.55 | 19764.1 | 2.62 |

RECIPE 20

COOKING TIME

Moringa Leaf Idli



10 MINUTES

Ingredients

1. Oil-1tsp -5 ml
2. Moringa leaves- 100gm
3. For Idly Batter:
4. Uradh Dal – 50gm
5. Idli Rice- 200gm
6. Fenugreek- 2 Tablespoon (10gm)



Procedure

- Fry the moringa leaves with oil in a kadai. Grind the Moringa leaves and keep the paste ready. Soak the urad Dal for 30 minutes. Soak the rice, and fenugreek for 3 hours. Grind the rice first till coarse and Dal and mix adding needed salt. Mix the moringa greens paste and distribute it into idly maker. Steam the idlis and serve hot.



Servings: 2 people

Nutritive Value of Moringa Idly

The prepared quantity of Idly contains the following nutrients

| Protein -gm | Energy- Kcal | Fats-gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
|----------------|-----------------|---------|----------------|----------------|---------|-----------------------|--------------|
| 33.32 | 1001.3 | 6.08 | 203.21 | 504 | 5.55 | 19764.1 | 2.62 |

HOW TO PREPARE

Moringa Leaf Powder?

You require

- Moringa Fresh leaves- 1 kg

This is equivalent of 200 gm of dry leaves approximately.

Procedure

- The leaves after harvest should be stripped off the stems, washed and dried in shade (sunlight can destroy vitamin A).

- The dried leaves are made into fine powder, which can be stored in air-tight containers. Vitamin A retention is enhanced if the leaves are blanched before drying. (Subadra et al., 1997).



- As a nutritional additive, 2 or 3 spoonful of the powder can be added to soups, sauces, idli, dosa batter, paratha mix etc.
- Moringa leaf powder can be stored for up to 6 months when protected from light and humidity.

PREPARING TIME: 3 Days

Used for value addition of recipes during preparation of Roti, Idli, dosa batter, etc.

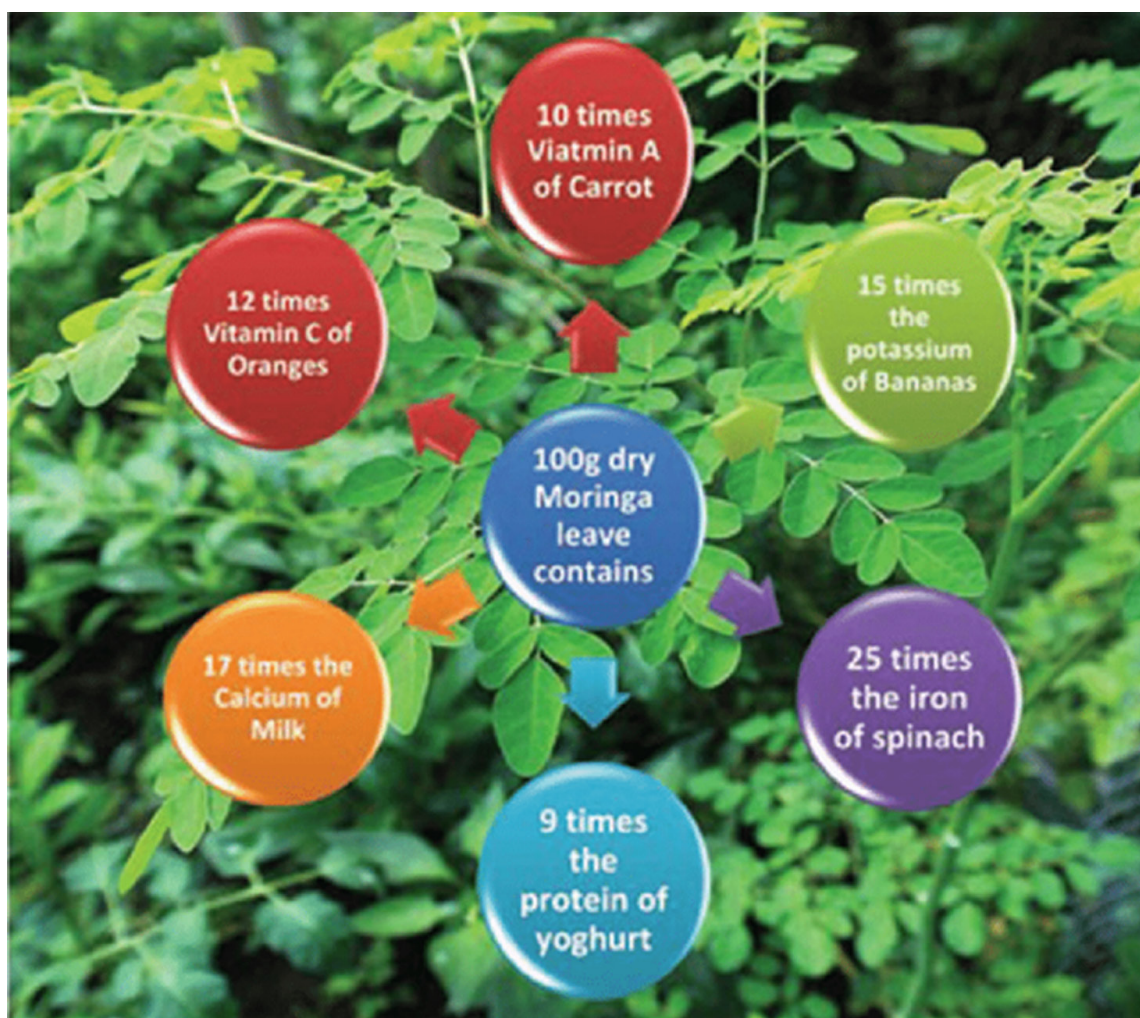
| <i>Nutritive Value of Moringa Dry leaf Powder</i> | | | | | | | |
|---|-----------------|-------------|----------------|----------------|---------|-----------------------|--------------|
| <i>The prepared quantity of Dry leaf powder contains the following nutrients (per 100 g)</i> | | | | | | | |
| Protein -gm | Energy- Kcal | Fats- gm | Carbohy- gm | Calcium- mg | Iron-mg | Beta Carotene- µgm | Fiber -gm |
| 23.78 | 271.54 | 7.014 | 28.32 | 3467 | 19 | 37800 | 11.8 |

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