



JCSC WELLNESS CHALLENGE



HEALTHY JAIN MEAL

“Just what I was missing...” - A Hungry Healthy Jain

“Healthy & Delicious” - The Jain Times

“Can’t wait for the next one!” - Jain Participant



CATEGORY
PRE-BREAKFAST

GREEN ENERGY JUICE



NUTRITIONAL FACTS

Servings: 1	Serving Size: 1 cup
Calories: 110 Total Fat: 0.6 g Dietary Fiber: 6.7 g Cholesterol: 0 mg	Calories from Fat: 6 Total Carbohydrates: 25.4 g Total Protein: 4.6 g Sodium: 87 mg
PREP TIME: 10 minutes	COOK TIME: 0 minutes

INGREDIENTS

1 stem of kale (leaf party only - discard stem)
 10 leaves of Spinach
 5 leaves of Tulsi
 1 sprig of Italian Parsley
 1 sprig of Regular Parsley
 1 stem of Dill
 1 Orange
 1 Cup of Water

PREPARATION

1. Wash all leaves thoroughly
2. Peel and de-seed Orange
3. Blend all ingredients together in a blender

HEALTH BENEFITS

- This energy juice is high in fiber, vitamins, and antioxidants.
- Kale has a high concentration of antioxidant vitamins A, C, and K.
- Spinach helps strenghten the nervous system.
- Tulsi strengthens the stomach and reduces phlegm.
- Parsley has enzymes that help fight against colon and prostate cancer.





QUINOA VEGETABLE UPMA



NUTRITIONAL FACTS

Servings: 1	Serving Size: 1/4 cup
Calories: 110 Total Fat: 0.6 g Dietary Fiber: 6.7 g Cholesterol: 0 mg	Calories from Fat: 6 Total Carbohydrates: 25.4 g Total Protein: 4.6 g Sodium: 87 mg
PREP TIME: 10 minutes	COOK TIME: 0 minutes

INGREDIENTS

- 1 cup Organic Quinoa
- 2 cups Water
- 4 tbsp Olive Oil
- 1 pinch Hing (asafoetida)
- 1/2 cup Red Bell Pepper, finely chopped
- 1/2 cup Green Squash, finely chopped
- 1/2 cup Purple Cabbage, shredded
- 1/2 cup Baby Lima Beans (canned or boiled)
- 1/2 cup roasted corn
- Salt and Lemon Juice (per your taste)
- 1 Green Chili, finely chopped
- Cilantro (optional), finely chopped
- Peanuts (optional)

PREPARATION

1. Prepare Quinoa per package directions with 2 cups of water and keep aside
2. Heat olive oil, add Hing (asafoetida) and saute all the vegetables
3. Add salt, green chili, and cooked quinoa at the end to rest of the ingredients
4. Add lemon juice
5. Add peanuts (optional)
6. Garnish with finely chopped cilantro

Can be served hot or cold

HEALTH BENEFITS

- Quinoa is a superfood that contains a high source of fiber, protein, and iron
- Quinoa acts as an internal cleanser and eases the food through the digestive tract
- Quinoa is a good source of plant-derived calcium. One cup of Quinoa contains 30 milligrams of calcium





CRACKED WHEAT KHICHDI



NUTRITIONAL FACTS

Servings: 3	Serving Size: 1 cup
Calories: 230 Total Fat: 0.8 g Dietary Fiber: 13.9 g Cholesterol: 0 mg	Calories from Fat: 7 Total Carbohydrates: 43.4 g Total Protein: 12.4 g Sodium: 782 mg
PREP TIME: 10 minutes	COOK TIME: 10 minutes

INGREDIENTS

- 1/2 cup Khichdi Daal (Green Mung Daal)
- 1/2 cup Dry Cracked Wheat
- 2 cups Water
- 1 Clove
- 1 Cinnamon Stick
- 1 tsp salt or per taste

PREPARATION

1. Wash the Mung Daal and Cracked Wheat thoroughly with cold water
2. Add Daal and Cracked Wheat directly in the pressure cooker
3. Add 2 cups of water, clove, cinnamon stick and salt to taste
4. Cook in a pressure cooker for one whistle or for 5 to 7 minutes

HEALTH BENEFITS

- Quinoa can be used instead of cracked wheat for higher protein content but it takes longer to cook
- Cracked wheat is very high in fiber and protein
- Fiber helps decrease high cholesterol
- A dish of basmati (brown) rice and moong daal combines carbohydrates, protein, fiber, and fats for a healthy, balanced meal.





BROWN RICE BIRYANI



NUTRITIONAL FACTS

Servings: 5	Serving Size: 1/2 cup
Calories: 156 Total Fat: 6 g Dietary Fiber: 1.2 g Cholesterol: 3 mg	Calories from Fat: 54 Total Carbohydrates: 19.6g Total Protein: 5.8 g Sodium: 1429 mg
PREP TIME: 10 minutes	COOK TIME: 10 minutes

INGREDIENTS

- 1 small bunch finely chopped cilantro
- 2 green serrano peppers
- 1 tbsp coconut, finely shredded
- 1 tsp cumin seeds (jeera)
- 1/2 cup of brown basmatic rice
- 2 tbsp oil
- 1 tbsp salt or per taste
- 8 oz. fat free Greek yogurt
- 1 cup cauliflower (small florets)
- 1/2 cup green beans (finely chopped)
- 1/2 cup peas
- 1/4 tsp hing (asafoetida)
- 1 tsp turmeric
- 1/2 tomato cut
- 2 tsp garam masala

PREPARATION

1. Make the chutney by mixing cilantro, serrano pepper, coconut, and cumin seeds (jeera)
2. Cook the basmati brown rice as per package with 1 tbsp of oil and salt
3. After rice cools, divide rice into two equal portions
4. Add the green chutney to half of the rice and 4 oz. Greek yogurt to rest of the half
5. Cook cauliflower, green beans, and peas in remaining oil with salt, hing (asafoetida), and turmeric
6. Add tomatos and garam masala to the cooked vegetables. Saute for a few more minutes

PREPARATIONS CONTD...

7. Preheat oven at 300 degrees
8. In a glass bowl or an oven safe tray, layer green rice, vegetables, and white rice.
9. Garnish with remaining 4 oz. Greek yogurt and finely chopped cilantro.

HEALTH BENEFITS

- Brown rice helps lower the risk of diabetes
- Brown rice is high in fiber and helps prevent weight gain
- Brown rice have cardiovascular benefits that protect agains heart disease and certain types of cancer





HIGH PROTEIN SHRIKAND

NUTRITIONAL FACTS

Servings: 4	Serving Size: 1/2 cup
Calories: 197 Total Fat: 8.8 g Dietary Fiber: 2.1 g Cholesterol: 9 mg	Calories from Fat: 79 Total Carbohydrates: 11.6 g Total Protein: 12 g Sodium: 183 mg
PREP TIME: 5 minutes	COOK TIME: 10 minutes



INGREDIENTS

- 6 strawberries
- 6 oz. Fage Greek Yogurt
- 6 oz. nonfat cottage cheese
- 1/4 cup Steel Cut Oats
- 2 single packet of Stevia*
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup almonds, finely chopped

**Stevia is a natural sweetener and is used as a substitute for sugar. Stevia is used for people with diabetes*

**Stevia has no calories, no artificial ingredients, and does not effect blood sugar*

PREPARATION

1. Wash and clean strawberries.
2. Cut strawberries in half
3. Blend Yogurt, Cottage Cheese, Steel Cut Oats, Strawberries, and Stevia in a blender
4. Pour the mixture in the serving cups
5. Decorate with chopped walnuts and almonds
6. Place in refrigerator until mixture is set, approximately 1 hour

HEALTH BENEFITS

- Non-fat greek yogurt has substantially more protein than standard American yogurt
- Greek yogurt is made by straining the whey off yogurt repeated to create its thick texture. In this process, much of the natural sugar is removed
- Greek yogurt is minimally processed and has not been heat-treated
- Provides substantial amounts of calcium

