

**Recipe - Baked Vegetable
Risotto**

Recipe - Mango Rice

**Recipe - Steamed Whole Wheat
Spinach Dumplings**

**Recipe - Lauki Rice/ Pulav
(Bottle Gourd/Calabash)**

**Recipe- Baked Rice with
mushroom spinach sauce**

**Recipe- Baked Vegetable Pasta
(in White Sauce)**