

**Recipe- Creamy and spicy
Black eyed bean/ Lobia Salad**

**Recipe- Healthy Vegetable
Sprout Salad**

**Recipe- Soyabean Spinach
Curry**

Recipe- Sabz Kofta

Recipe- Bean Sandwich

Lobia/ Black eye bean Sandwich



Ingredients

Bread Bun (Long or Round type) 6 nos

Cucumber 1 large (Sliced)

Salt 1 tsp or as per taste

Crushed Black Pepper 1 tsp

For Cutlets

Lobia/ Black eye bean 0.5 cup

(Finely chopped)

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Salt 1 tsp or as per taste

Roasted Jeera Powder/ Bhuna Jeera Powder 1 tsp

Crushed Black Pepper 1 tsp

Red Chilli flakes 2 tsp

Aamchur Powder 0.5 tsp

Bread Crumbs 2 tbsp+

Corn Flour 1 tbsp

For Dressing Sauce

Thick Curd 0.5 cup

Cheese Spread/ Mayonnaise (Eggless) 2 tbsp

Grated Carrot 1 tbsp

Grated Capsicum 1 tbsp

Grated Cucumber 1 tbsp

(Finely chopped)

Crushed Black Pepper 1 tsp

Red Chilli flakes 2 tsp

Salt 0.5 tsp or as per taste

Method

For Cutlets

- Take and clean lobia and soak overnight (Fig 1).
- Pressure Cook lobia for 1 whistle on high and then 3-4 whistle on low flame.
- Drain and refrigerate for 1-2 hours.
- In a big bowl add boiled lobia and crush them roughly.
- Add chopped vegetables and all spices, mix well (Fig 2).
- Now mix sufficient bread crumbs for the binding purpose.
- Make medium size balls out of that (Fig 3).
- Flatten each ball giving a shape like your bread (Fig 4).
- Now in another bowl take corn flour and mix with water to make a thin dip.
- Add a pinch of salt and crushed black pepper and mix well.