

**Recipe- Steamed Whole Wheat
Spinach Dumplings**

**Recipe- Baked Kala Chana/
Black Chickpea Kabab (No
Onion No Garlic)**

**Recipe- Sukha kala chana
sabzi/ Dry black chickpeas
curry**

Recipe- Spicy Besani Aloo

Recipe- Hariyala Kofta Curry (No onion No Garlic recipe)