

## Ragi Salad

### Ingredients:

Germinated green gram – 50 gm  
Germinated ragi – 50 gm  
Cucumber – 50 gm  
Tomato – 50 gm  
Onion – 50 gm  
Sweet corn – 25 gm  
Green chillies – 6 nos  
Lemon – 1 no  
Coriander leaves – for garnishing



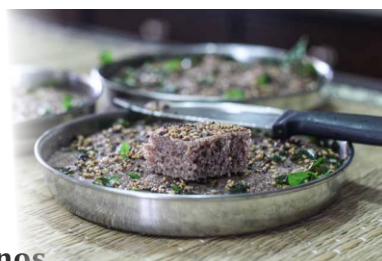
### Method:

Soak ragi and green gram for 8 hours and keep for germination. 2nd day after germination boil ragi and green gram and sweet corn for 05 minutes. Grate cucumber; chop onion tomato and green chillies. Mix everything, add salt lemon juice and garnish with coriander leaves.

## Ragi Pudding

### Ingredients:

Ragi – 250 gm  
Coconut – 1 small  
Jaggery – 150 gm  
Ghee- 01 teaspoon  
Cardamom – 5-6 nos  
Cashewnut – 15 – 20 nos



### Method:

Soak ragi for 8 hours and grind it in mixer. Take malt and mix with coconut juice and jaggery. Cook it on gas till it is thick then add cashewnuts and cardamom powder. Grease thali with ghee and spread the ragi malt. Allow it to cool and keep in refrigerator.

## Ragi Dhokla

### Ingredients:

Chana dal – 50 gm  
Ragi flour – 50 gm  
Asafoetida – a pinch  
Curry leaves – 5 gm  
Oil – 20 ml  
Coriander leaves – 5 gm  
Ginger garlic paste 5 gm  
Sour thick curd – 50 gm  
Cumin – half teaspoon  
Mustard seeds – half teaspoon  
Red chilli powder – one fourth tea spoon  
Lemon Juice – 1 Teaspoon  
Soda bicarbonate – 1 Teaspoon



### Method:

Soak dal for two and half hours grind to thick paste. Mix ragi flour, salt, curd, ginger garlic paste and turmeric powder. Add lemon Juice and Soda Bicarbonate and make thick batter. Pour the batter into greased thali and steam. Garnish with coriander leaves, curry leaves and grated coconut. Serve with chutney.

## Ragi Pizza

### Ingredients:

Ragi – 100 gm  
Rice – 50 gm  
Oil – 25 ml  
Urad dal – 50 gm  
Cabbage – 50 gm  
Capsicum – 50 gm  
Onion – 50 gm  
Sweet corn – 50 gm  
Tomato ketchup – 2 teaspoon  
Cheese cube – 1 no



### Method:

Soak ragi rice and urad dal for 8 hours and grind and keep over night. Add salt to the batter. In a kadai heat oil, add chopped onions, cabbage, capsicum, and sweet corn. Cook for two minutes and then add tomato ketchup. Heat tawa, add oil make thick dosa like pizza base fry both the sides, add cooked vegetable on top then add grated cheese.

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# Nutri Rich Recipe of Ragi



## Krishi Vigyan Kendra

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# Introduction

Eat ragi and be healthy is the common statement that is made by the people who know the nutritional and health benefits of tiny brown coloured grain. People have the misconception that eating ragi makes people look darker forgetting the advantages of it. Sad part of ragi is its dark appearance which makes it lag behind in our daily culinary practices. Ragi cultivation in Goa during 2011-12 was 150 ha. Several Training programmes are organized for farm women on nutritional importance of Ragi as it is used as weaning food for the children.



## Health benefit of Ragi

**1. Loaded with Calcium:** Ragi is one of the best non-dairy sources of calcium when compared to any other grains. According to the National Institute of Nutrition in India, 100 grams of Ragi contains 344 mg calcium. Calcium is critical for healthy bones and teeth and prevention of osteoporosis.

**2. Helps in Controlling Diabetes:** The grain's seed coat is abundant in polyphenols and dietary fibres as compared to rice, maize or wheat. The low glycemic index lessens food cravings and maintains the digestive pace, consequently, keeping blood sugar within the safe range.

**3. Reverts Skin Ageing:** Ragi works wonders for maintaining young and youthful skin. Vital amino acids like Methionine and Lysine present in it make the skin tissues less prone to wrinkles and sagging.

**4. Battles Anemia:** Ragi is an excellent source of natural iron and thus a boon for anemic patients and also for those with low haemoglobin levels. Once ragi is allowed to sprout, the Vitamin C levels tend to increase and lead to easy absorption of iron into the bloodstream.

**5. Relaxes the Body:** Regular consumption of Ragi is highly beneficial in dealing with conditions of anxiety, depression and insomnia. The presence of antioxidants, mainly Tryptophan and amino acids, helps as they work as natural relaxants.

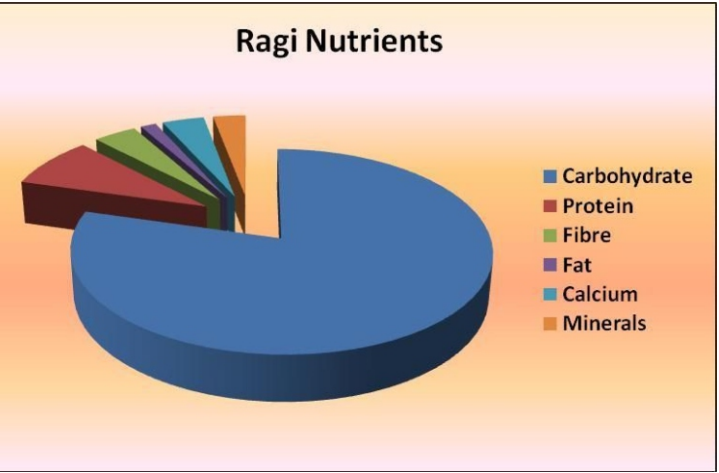
Health Benefits of Finger Millet



**6. Helps in Weight Loss:** The high amount of dietary fiber combine keeps the stomach full for a longer and prevents unwanted cravings. This in turn leads to a minimized appetite and weight loss.

## Nutrient value of Ragi 100gm

1. Energy	- 328
2. Carbohydrates	- 72
3. Proteins	- 7.3
4. Fats	- 1.3
5. Fibre	- 3.6 gms
6. Calcium	- 344 mgs
7. Phosphorus	- 283 mgs
8. Iron	- 3.9 mgs
9. Zinc	- 2.3 mgs
10. Magnesium	- 137 mgs



# Ragi Recipes

## Ragi Idli

### Ingredients:

Urad dal - 100 gm  
Par boiled rice - 100 gm  
Ragi - 100gm  
Rice flakes - 20 gm  
Salt to taste



### Method:

Soak ragi, rice, and urad dal for 6 hours and drain water and grind it into fine paste. While grinding add soaked rice flakes. Ferment overnight. Add salt and mix thoroughly. Apply a teaspoonful of oil to the idli pan and pour the batter. Steam it in idli cooker.

## Ragi Pan Cake

### Ingredients:

Coriander leaves - half bunch  
Bengal gram flour - 50 gm  
Ragi flour - 100 gm  
Onion - 50 gm  
Tomato - 50 gm  
Salt to taste  
Green chilles - 4 to 5 nos  
Drumstick leaves - 25 gm



### Method:

Chop the vegetables and add salt and green chilles. Mix ragi flour and besan flour. Heat tawa apply oil and spread the batter and fry.