

## Beetroot Chapati

Beetroot is high in fiber, vitamins, minerals, and is high in plant derived antioxidants.

**Recipe Makes:** 10-12 Chapatis

**Nutritional Value (per serving)**

**Calories:** 113 kcal      **Protein:** 3.3 g      **Carbohydrate:** 21.2 g      **Fat:** 1.7 g

### Ingredients

2 cups Whole Wheat Flour (Atta), more for dusting

$\frac{3}{4}$  cup Beetroot, grated

$\frac{1}{4}$  cup Coriander (Dhania) Leaves, chopped

$\frac{1}{4}$  cup Mint Leaves (Pudina), finely chopped

2 tablespoons Sesame seeds (Til seeds)

1 teaspoon Cumin powder (Jeera)

2 Green Chilli, ground to paste

1 teaspoons Ginger, ground to paste

Salt, to taste

2 tablespoon Oil



### Instructions

1. To begin making the recipe, in a mixing bowl, add Atta, cumin powder, sesame seeds, chili paste and ginger paste, coriander, mint, oil and salt, and grated beetroot. Mix well to combine. Bring it all together using your fingers.
2. Add some water if necessary and knead to a soft dough. Rest the dough for 30 minutes.
3. Knead the dough briefly and divide the dough into equal portions, you should be able to get around 10-12 medium sized chapati. (Adjust the ingredients accordingly)
4. Roll the portions into balls; flatten them with the palm of your hand.

5. Dust the dough in flour and roll them out into thin circles to approximately 6-8 inches in diameter. As you roll them out, you can keep dusting the dough in dry flour to prevent sticking when rolling them out.
6. Continue the same process of rolling the dough out with the remaining balls.

#### **Method of Cooking the Beetroot Chapati**

1. Preheat a tawa and place the rolled out dough on the tawa. After a few seconds you will notice small air pockets popping out. At this point flip the chapati and using a flat spatula and do a light pressing and turning motion to cook the chapati.
2. Flip the chapati to the other side and press and turn in a similar way. You will notice brown spots around the cooked chapati. Remove from heat and serve.