

Ragi Tawa Paratha - Healthy Vitamin Rich & Diabetic Friendly Paratha

Ragi is rich in calcium, helps in weight loss, has a high fiber content, battles anemia, reduces blood cholesterol and also regulates blood sugar levels. Because of its low glycemic index, it helps reduce food cravings and slows down absorption of starch, thus helps in regulating the blood sugar for diabetic.

Recipe Makes: 4 servings

Nutritional Value (per serving)

Calories: 133 kcal **Protein:** 3.7 g **Carbohydrate:** 25.1 g **Fat:** 2.1 g

Ingredients

- 1/2 cup Ragi Flour (Finger Millet)
- 1/2 cup Whole Wheat Flour
- 1/2 teaspoon Cumin seeds (Jeera)
- Salt, to taste
- Oil

Instructions

1. To begin making the paratha, in a large bowl combine the ragi flour, whole wheat flour, salt and knead adding little water at a time to make firm and smooth dough.
2. Add one tablespoon of oil to coat the ragi tawa paratha dough and knead again. Cover and set the paratha dough aside for 15 minutes.
3. Divide the dough into 4 portions. Preheat the iron tawa over medium heat.
4. Roll the dough portions into balls and flatten them with the palm of your hand. Toss them on flour and roll them out into circles of approximately 3 inches in diameter. Put 1/4 teaspoon oil and spread it on the rolled dough.
5. We need to get a triangle shape, to do so, first fold into a semi-circle, then fold the semi-circle into half again. You get a mini triangle shape.
6. Tossing the triangle on a little flour, roll it out gently into a larger triangle. Continue the same process of rolling with the remaining ragi tawa paratha portions.
7. With tawa on medium high heat, place one rolled out paratha on the tawa. After a few seconds you will notice an air pockets popping out.



8. At this point flip the paratha and smear about 1/2 a teaspoon of oil or ghee. Using a flat spatula do a light pressing and turning motion to cook to the tawa paratha.
9. Flip to the other side and press and turn the paratha in a similar way. You will notice brown spots around the paratha and it will be slightly crisp. Remove from heat and place on a platter or serve hot.