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## ARTICLE

# Five heritage ingredients that have made a comeback

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### 1) Legumes

Known for being a significant source of dietary protein, fibre, carbohydrates, and dietary minerals, legumes have found a comeback for its special quality of not containing any cholesterol, very less to no fat and low sodium.

They are an excellent source of resistance starch which is broken down by bacteria in large intestine to produce short chain fatty acids used by intestine cells for food energy thus, serving great as a food for individuals following vegan diets.

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Preliminary studies have found that consumption of legumes reduce the risk of developing metabolic syndrome, which can be a serious health condition for any individual.

The easiest way to incorporate legumes in your diet is to make a delicious salad which is tasty as well as healthy option.

**Recipe:** All Protein Salad (<http://www.bawarchi.com/recipe/all-protein-salad-tduozugabgjc.html>)

### 2) Millets

One of the oldest foods known to mankind, millets have found a comeback with changes in lifestyle post the idea of globalization & technology use. The recent lifestyle has gifted humans with heart disease, diabetes, hypertension etc. Millets have found to be the best shield to protect & prevent humans from hypertension, heart disease, diabetes, and many such lifestyle issues.

Millets are known for their low glycemic index. It helps you consume healthy food without altering the taste. Thus, making sure that you don't have to consume lot of medicines, which could have serious side effects in long terms. Millets keep your large intestine hydrated. The high content of tryptophan in millets produce serotone which helps reduce the effects of migraines& heart attacks. Millets are known for their gluten free andnon-allergic nature. Millets are great friends to individuals who cannot consume wheat & refined flour due to gluten content.

Millets that can be easily incorporated in the daily diet of an individual are: Sorghum (Jowar), Pearl Millet (Bajra) & Finger Millet (Ragi).

They can be consumed in traditional avatar in the form of rotis or a simple khichdi.

**Recipe:** Millet Khichdi (<http://www.bawarchi.com/recipe/millet-khichdi--tduoIDgagbibf.html> )

### 3) Paneer / Tofu / Chana

These ingredients are doing a comeback as substitutes for animal-based protein.

Chana though a legume,contains a good amount of protein and can be a vegan substitute for people who prefer non-animal protein. Same with tofu which is again a vegan substitute against animal protein.

Paneer, a substitute with animal origin, it has gained its comeback status due to ketosis, which focuses of the fat & protein content of an ingredient.

Regarding the health benefits, tofu & chana both help in lowering the LDL cholesterol in the body. It also helps in controlling the blood sugar levels of an individual.

**Recipe:** Melon tofu salad (<http://www.bawarchi.com/recipe/melon-tofu-salad-tduoFtfgaffj.html>)

### 4) Kohlrabi

Often mistaken as a root vegetable. It is known for its high amounts of vitamin C. intake of the vegetables increases the blood circulation and helps fight Viral Infections. It is highly juicy as the 90% of the vegetable is water. It helps to keep away certain cancers as well. It can be enjoyed raw or cooked. It is high in dietary fibre and low in calories. The high fibre content makes it good for the roughage.

To enjoy kohlrabi in raw forms the following dish can be made.

**Recipe:** Kohlrabi Kimchi (<http://www.bawarchi.com/recipe/kohlrabi-kimchi-tduoHUfgdiaeg.html>)

### 5) Salsify

It comes from the dandelion family. Salsify comes in 2 varieties - the black & white. It was famous during the Victorian era because it grows well all around the year. It is versatile in nature like potatoes or the colocassia roots. The fun fact about the vegetable is that it contains the same amount of potassium, iron, and protein as the bananas. This fact makes it a good option for Diabetic individuals as there is no sugar (fructose) intake. To enjoy Salsify in cooked form the following recipe can be used.

**Recipe:** Salsify Cakes (<http://www.bawarchi.com/recipe/salsify-cakes-tduoHNhbabjii.html>)

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