

Appendix 1: Food composition of the recipes used in meal formulation

Name	Major ingredients	Method of preparation
<i>Colocasia</i> leaves flatbread (paratha)	<i>Colocasia</i> leaves (20), grated onions (10), malted finger millet flour (20), whole wheat flour (10), cumin seeds (5), oil (10), salt (3)	Heat oil, add cumin seeds, cut <i>Colocasia</i> leaves, onions, and add other masala. Sprinkle some water to avoid the masala from being dry, add salt. Add the flours and then knead dough. Roll out two flatbreads (parathas) and roast well on a hot flat pan
Mix flour methi pancake (thalipith)	Malted finger millet flour (20), whole Bengal gram flour (10), soybean flour (10), fenugreek leaves (10), onions (10), cumin seeds powder (5), oil (5), salt (3)	Mix all ingredients, except oil. Knead a dough with water. Apply oil to the pan and flatten the ball of dough on the girdle and roast from both sides to make one pancake
Pearl millet-finger millet flatbread	Pearl millet flour (20), malted finger millet flour (10), sesame seeds (5), salt (3)	Mix all flours together, knead the dough with water, and flatten the dough to make one flatbread. Roast the flatbread on a hot flat pan from both sides
Mix flour flatbread	Pearl millet flour (10), malted finger millet flour (10), soybean flour (10), roasted crushed garden seeds (5), salt (3)	Mix all flours together, add salt, knead the dough with water, and flatten the dough to make 1 flatbread. Roast the flatbread on a hot flat pan from both sides
Mix flour masala flatbread	Wheat flour (30), malted finger millet flour (10), red chili powder (5), coriander seed powder (5), oil (5), salt (3)	Mix all flours together, add oil and other spices, knead the dough with water. Roll out two flatbreads and roast well on a hot flat pan from both sides
Finger millet-pearl millet flatbread crisps	Pearl millet flour (10), malted finger millet flour (10), sesame seeds (2), cumin seeds (2), oil (2), salt (1.5)	Mix all flours together, add oil. Roll out two flatbreads and roast well on a hot flat pan from both sides till crisp
Soya-chunks rice	Soybean chunks (30), raw rice (20), spring onion (5), onion (10), cumin seed powder (5), coriander seed powder water (50), (5), oil (5), salt (3)	Heat oil and add all the ingredients, except spring onion. Add water and cook. After the rice is cooked, add the spring onions just before serving
Fenugreek leaves rice	Fenugreek leaves (15), rice (30), sesame seeds (5), French beans (10), carrot (10), cauliflower (10), water (60), oil (10), salt (3)	Boil rice, let it cool. Heat oil, add all vegetable except fenugreek. Add masala after vegetables are cooked, add rice, and add fenugreek leaves. Cook for 10 more min
Moth beans rice	Germinated moth beans (30), cooked rice (40), spring onion (5), onion (10), cumin seed powder (5), coriander seed powder (5), oil (5)	Cook rice separately and let it cool down. Heat oil, add all ingredients, except rice and salt. Let the masala cook for some time and then add rice and salt, mix well, cook for some time, and serve
Carrot fenugreek vegetable	Carrot cubes (20), fenugreek leaves (50), onion (10), cumin seeds (5), sesame seeds (5), water (100), oil (5)	Heat oil, add the spices, add fenugreek, add carrot, add water cook till all the water evaporates and the vegetables are cooked. Serve
<i>Colocasia</i> leaves vegetable	<i>Colocasia</i> leaves (50), whole Bengal gram flour (10), Bengal gram dal (15), tamarind (10), jaggery (20), dry coconut (10), cumin seeds (5), asafetida (3), oil (5)	Wash and cut <i>Colocasia</i> leaves, wash Bengal gram dal, cut green chilies, make tamarind pulp with some water. Cook the leaves, Bengal gram dal and green chilies together and mix well. Add whole Bengal gram flour, tamarind pulp, jaggery, water and mix well. Heat oil, put cumin seeds, asafetida and then the <i>Colocasia</i> leaves mixture. Add salt, masala, and dry coconut, cook for some time, and serve
Minced soybean	Soybean chunks (30), onion (10), tomato (10), dry coconut (10), cumin seed powder (5), coriander seed powder (5), oil (10)	Grind the soya chunks coarsely. Heat oil, add all masala, cut onion, tomato and then add the ground soya. Add salt and water, cook well and serve
Horse gram curry	Germinated horsegram (15), dry coconut (10), tamarind (2), onion (5), tomato (5), garlic (3), ginger (3), red chilies (2), green chilies (2) coriander seeds powder (2), oil (5)	Cook germinated horsegram in pressure cooker. Heat oil, fry coriander seeds, take out. Grind with coconut, green chilies, tamarind. Coarsely grind cooked horsegram with masala. Add some water to make it thin. Add garlic and chopped onion to the oil, and add the ground masala, bring to boil. Add green chilies and salt. Cook for 15-20 min. Serve
Soybean curry	Soybean (30), onion (20), tomato (10), garlic (3), ginger (3), cumin seed powder (2), coriander seed powder (2), oil (5)	Soak soybean overnight. Pressure cook the soybean for 15-20 min. Grind all masala together. Heat oil, fry the masala, then add soybean and salt. Mix well, cook together for next 10 min, make in a thick curry. Serve
Soybean-mint chutney	Soaked soybean (20), mint leaves (10), coriander leaves (10), salt (2)	Grind all ingredients together. Serve
Soybean-poppy seed sweet balls (laddu)	Soybean flour (20), poppy seeds (30), jaggery (40), ghee (10)	Dry roast poppy seeds and soya flour separately. Grind the seeds, add the flour. Heat ghee, roast the mixture with it. Add jaggery after the mixture is cooled down, mix well, and make two balls (laddu)
Garden cress-poppy seed sweet balls (laddu)	Garden cress seeds (20), poppy seeds (20), finger millet flour (20), jaggery (40), ghee (10)	Dry roast garden cress seeds, poppy seeds and finger millet flour separately, grind the seeds together, add the flour. Heat ghee, roast the mixture with it. Add jaggery after the mixture is cooled down, mix well, and make two balls (laddu)

Contd...

Soybean nuts	Soybean (30), cumin seed powder (5), coriander seed powder (5), salt (3)	Soak soybean overnight, drain them well. Dry them for 2 h in sunlight. Microwave on full power till they turn golden brown and crunchy. Season with cumin, coriander seed powder, and salt
Savory coriander leaves cakes	Coriander leaves (25), sesame seeds (25), malted finger millet flour (105), cumin seed powder (5), coriander seed powder (5), salt (3), oil (5)	Knead dough with all the ingredients. Steam, cut in slices. Shallow fry and serve
Amaranth leaves-soybean cutlet	Amaranth leaves (50), soybean (20), boiled potato (20), onion (10), ginger-garlic paste (5), bread (20), sesame seeds (5), poppy seeds (5), oil (10)	Heat oil, add onion, ginger-garlic paste, sesame seeds, poppy seeds, and amaranth leaves, and cook well. Let it cool. Add potato, ground soybean, and bread. Knead dough and make two cutlets. Apply oil to a pan and roast on a slow heat. Serve
Soybean cutlet	Soybean chunks (40), whole Bengal gram flour (15), bread slice (20), ginger-garlic paste (5), red chili powder (4), poppy seeds (10), cumin seeds powder (5), coriander seed powder (5), oil (10)	Mix the ground soya chunks, flour, and bread slice, add all other ingredients. Knead dough, and make 2 cutlets. Apply oil to a pan and roast on a slow heat. Serve
Savory finger millet flour	Malted finger millet flour (30), onion (25), groundnuts (5), cumin seeds (2), sesame seeds (2), garlic (5), oil (5), water (60)	Dry roast the finger millet flour and keep aside. Heat oil and add chopped onions, garlic, cumin seeds, groundnuts. Add water, when the water comes to a boil, add the finger millet flour, and cook for 2-3 min. Serve
Sprout mixture	Sprouted moth beans (10), whole Bengal gram sprouts (10), rajmah (10), tomato (10), onion (10), cut boiled potato (10), ginger-green chilli paste (2), cumin seeds (5), sugar (2), oil (5), salt (3)	Half-cook the sprouts, mix all ingredients, except oil and cumin seeds. Heat oil, add cumin seeds, and pour on the mixture. Mix well, serve
Steamed finger millet cakes	Malted finger millet flour (20), black gram (10), oil (3), salt (2)	Soak black gram for 4-5 h. Grind the soaked black gram, add the finger millet flour and keep for fermentation for 12 h. Make idlies
Savory mix flour (upma)	Coarse finger millet flour (10), coarse soybean flour (10), semolina (10), onion (10), tomato (10), cumin seeds (5), dry coconut (5), water (60), oil (8), salt (3)	Dry roast the finger millet, soybean and semolina and keep aside. Heat oil, add all ingredients except salt. Then, add the roasted mixture, salt, and then add water to the mixture. Garnish with dry coconut, serve
Soybean-finger millet sweet balls (laddu)	Malted finger millet flour (7.5), whole Bengal gram flour (7.5), sesame seeds (5), poppy seeds (5), jaggery (15), clarified butter (5)	Roast all the ingredients together except jaggery. After the mixture is cooled down a little, add grated jaggery and mix well. Make two medium-sized balls (laddu)