

You are here: Home > Collections > Cardamom

RELATED ARTICLES

Some low cal sweets for you?
August 26, 2011

On a Raas and roll
July 20, 2011

Indulge in steamed modaks with choco dip
September 7, 2011

IN-DEPTH COVERAGE

- Cardamom
- Carrots
- Pistachios

Recipe: Vegetable pesto pasta

Shikha Desai, TNN Apr 8, 2013, 04.04PM IST

Tags: [vegan](#) | [sweets](#) | [Pesto pasta](#) | [pasta](#) | [olive oil](#) | [Food Network](#) | [Carrots](#)

Here are some delicious recipes for meat lovers and healthy eaters

Vegan Pesto Pasta

- Ingredients:
- 1 cup of basil leaves washed and de-stemmed
 - 250g pasta
 - 2 garlic cloves
 - Juice of 1/2 lime
 - Salt and pepper to taste
 - 2 tsp of olive oil
 - 1/2 cup of powdered cashews

Procedure:

- In a blender, blend the basil leaves
- Add cashew powder
- Add salt and pepper
- Add 2 garlic cloves
- Add lime juice
- Add olive oil
- Blend the ingredients into a fine paste
- Stir the mixture
- In a bowl, add the boiled pasta

- Tip: Ensure the pasta is hot
- Add the pesto paste to the pasta
 - Mix well

Tip: Ensure the pasta is evenly coated



(Recipe: Vegetable pesto...)

Vegan Gajar ka Halwa

- Ingredients:
- 400g of carrots cut & steamed
 - 3/4th cup of melted jaggery
 - 2 cardamom pods
 - 2 tsp pistachios
 - 3/4th cup of cashews

Procedure:

- Grate the carrots
- In a mortar and pestle, pound the pistachios and cardamom pods

Did you know: This recipe is oil free

- Powder the cashews
- Add the melted jaggery to the carrots
- Mix well
- To the mixture, add the powdered cashews

Tip: Add the cashew powder in intervals

- Add the pounded pistachios and cardamom

Tip: You can use other nut such as almonds, raisins, walnuts as well

- Mix well

(Recipe courtesy: Rithika Ramesh, India Food Network)

FEATURED ARTICLES



3 simple exercises for a flat tummy



7 Day flat belly diet plan



5 Best positions to get pregnant fast

More:

- 5 Best positions to get pregnant fast
- 20 ways to gain weight fast
- 12 Indian foods that cut fat

- How to increase your sperm count
- Power diet for quick weight loss
- 6 Ways to get a stronger erection