



Veggie Fest: Chana Chaat Bowl

In this class, you will learn how to build a colorful and satisfying Chaat Bowl featuring seasoned chickpeas, sweet-tangy tamarind-date chutney, fresh cilantro-mint chutney, creamy yogurt, and crunchy baked tortilla chips. Along the way, we'll explore how simple pantry ingredients, fresh herbs, and bold spices can transform everyday foods into a meal that is both nourishing and full of flavor.

This recipe highlights the power of plant-based ingredients—fiber-rich beans, fresh vegetables, herbs, and naturally sweet fruits while demonstrating how healthy eating never has to be boring. You'll leave with practical skills for making homemade chutneys, creating balanced meals, and adding global flavors to your everyday cooking.

What You'll Learn:

- How to prepare a flavorful chickpea-based chaat bowl
- The art of balancing sweet, tangy, spicy, and savory flavors
- How to make quick homemade tamarind-date and cilantro-mint chutneys
- Simple techniques for creating healthy crunch without frying
- Ways to customize the bowl with seasonal vegetables and toppings



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	50

Savory Chickpeas

A perfect base for a bowl style meal

Ingredients

12 1/2 can	Chickpeas, canned, low sodium (15oz)
6 1/4 tsp	Cumin
6 1/4 tsp	Turmeric, powder
3 tsp	Black pepper

Instructions

For Chickpea Base

1. Drain the chickpeas and save the aquafaba — the liquid from the can — on the side. This can be used later to make dressings, sauces, or dips
2. Warm a skillet over medium heat. Add the drained chickpeas and gently toss with cumin, black pepper, lemon juice, and any other spices you are using. Warm for 3-5 minutes, just until the chickpeas are coated and fragrant
3. Keep the chickpeas ready to use as the base for your chaat bowl. They can also be used in curries, wraps, or grain bowls

Notes:



Dietary servings
Per Portion

Meat Alternative	0.6
Vegetables	0.8

Energy sources

Carbohydrates	55%
Fat	21%
Protein	24%



Prep	Cook	Ready in	Servings
15 min	13 min	28 min	100

Tamarind Chutney

A robust concoction of sweet, sour, tangy & salty - this sauce can be used as a dip, drizzle, marinade, and even to make a refreshing drink!

Ingredients

3 1/3 cup	Tamarind paste
16 2/3 cup	Medjool date (pitted; soak or submerge dates in enough water)
1 2/3 tsp	Himalayan sea salt (sea; to taste)
3 1/3 cup	Water (as needed)
13 1/3 tsp	Cumin (ground)
13 1/3 tsp	Coriander, ground
6 2/3 tsp	Cayenne pepper

Instructions

Soak dates in water (should be submerged completely) for at least 10 minutes. Use the soaked water for cooking.

Tamarind Chutney:

Into a pot on medium heat, combine tamarind and dates.

Pressure cook 3-4 whistles or if using an instant pot, let it cook for 7-8 minutes on high heat.

Remove mixture from heat and allow it to cool down completely.

In a blender, blend into a smooth, thick paste. Avoid adding too much water.

Remove it in a sauce pan and add all the spices and salt.

Simmer for 5-7 minutes.

Allow it to cool.

To preserve the chutney, freeze a portion of it into an ice cube tray.

Refrigerate chutney for up to 2 weeks.

Notes:

Tamarind is a source of essential dietary minerals copper, manganese and zinc

Did you know that cumin has calcium?

Dietary servings Per Portion

Fruit 0.3

Energy sources

Carbohydrates	89%
Fat	8%
Protein	3%



Prep	Cook	Ready in	Servings
5 min	10 min	15 min	100

Green Cilantro Chutney

A vibrant green cilantro chutney is perfect as a spread or a drizzle for sandwiches, wraps or bowls or even on a baked sweet potato!

Ingredients

10 cup	Cilantro (coriander) (fresh; chopped. Can also substitute with fresh mint)
2 1/2 cup	Green bell pepper (fresh, chopped)
5 tbsp	Lemon juice
5 medium pepper(s)	Jalapeno pepper (adjust per taste)
20 tbsp	Pumpkin seeds (pepitas) (or sunflower seeds, optional)
5 tsp	Cumin seeds
1 1/4 cup	Water (adjust for consistency)
2 1/2 tsp	Sea salt, fine (optional)

Instructions

1. Combine and blend all ingredients into a blender.
2. Blend into a fine consistency similar to hot sauce
3. Use as a condiment when ready to serve.

Tip:

Freeze into smaller portions with an ice cube tray and refrigerate for up to a week.

Dietary servings

Per Portion

Vegetables 0.3

Energy sources

Carbohydrates	23%
Fat	59%
Protein	18%



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	100

Soy Yogurt

Easy, No Heating Required

Ingredients

- 25 cup Soy milk, unsweetened, plain (West life or Trader Joe's shelf stable)
- 2 tbsp Yoso Unsweetened Almond and Cashew Yogurt (Trader Joe's unsweetened plain cashew yogurt is preferred)

Instructions

1. In a glass bowl whisk soy milk and yogurt culture together until foamy. Choose yogurt culture which is unsweetened and has minimal added ingredients
2. Cover and set aside in a warm dark place such in a oven with light on or warm cabinet for 8- 12 hrs. Remove and refrigerate. Use the culture from this yogurt to make future batches
3. It is very important to vigorously mix the milk with culture by shaking, whisking or churning and keeping it in a warm place to get best results
4. Whisk thoroughly until well combined and slightly foamy
5. Bring water to a boil in a pressure cooker, Instant Pot, or steamer
6. Turn off the heat and place the yogurt container inside the warm cooker. Do not place it directly in the boiling water
7. Close the lid and allow the mixture to incubate in the warm environment for 12-18 hours
8. Check periodically after 12 hours. The yogurt is ready when it has thickened and developed a pleasant tangy flavor
9. Refrigerate for at least 4 hours before serving to allow it to firm up further

Alternate Method:

A probiotic capsule provides the live cultures needed to transform soy milk into a creamy, tangy yogurt

Ingredients

- 2 cups unsweetened soy milk
- 1-2 capsules NOW Probiotic-10 (25 Billion or 50 Billion CFU)

Directions

1. Pour the soy milk into a clean glass jar or heat-safe container
2. Open 1-2 probiotic capsules and sprinkle the contents into the soy milk
3. Whisk thoroughly until well combined and slightly foamy

4. Bring water to a boil in a pressure cooker, Instant Pot, or steamer
5. Turn off the heat and place the yogurt container inside the warm cooker. Do not place it directly in the boiling water
6. Close the lid and allow the mixture to incubate in the warm environment for 12–18 hours
7. Check periodically after 12 hours. The yogurt is ready when it has thickened and developed a pleasant tangy flavor
8. Refrigerate for at least 2 hours before serving to allow it to firm up further

Notes:

For best results use soy milk only. Results are not great with other plant based milk

Buy soymilk that has 2 ingredients: organic soy and water

Dietary servings Per Portion

Milk Alternative 0.2

Energy sources

Carbohydrates	29%
Fat	43%
Protein	27%



Prep	Cook	Ready in	Servings
5 min	10 min	15 min	100

Tortilla Chips

Crunchy Grease Free Chips

Ingredients

200 tortilla Corn tortilla, organic (6 inches) (Aldi's
NON GMO)

Instructions

1. Preheat oven to 350 degrees
2. Cut the tortillas in to triangles on a baking sheet and
and bake until golden brown
3. Use it with a dip or to make nachos

Dietary servings

Per Portion

Grain 1.1

Energy sources

Carbohydrates	76%
Fat	13%
Protein	11%

Grocery List

Spices & Herbs

- ☐ Black pepper <0.1 oz
- ☐ Cayenne pepper 1 oz
- ☐ Coriander, ground <0.1 oz
- ☐ Cumin 1 oz
- ☐ Cumin seeds <0.1 oz
- ☐ Himalayan sea salt 1 oz
- ☐ Sea salt, fine <0.1 oz
- ☐ Turmeric, powder <0.1 oz

Other

- ☐ Chickpeas, canned, low sodium 1 lb

Vegetables

- ☐ Cilantro (coriander) 1 bunch
- ☐ Green bell pepper 1 medium pepper(s)
- ☐ Jalapeno pepper 1 medium pepper(s)

Bread & Bakery

- ☐ Corn tortilla, organic (6 inches) 8 tortilla

Beverage

- ☐ Lemon juice 1 fl oz
- ☐ Soy milk, unsweetened, plain 200 fl oz
- ☐ Water 29 fl oz

Fruits

- ☐ Medjool date 180 date pitted

Snacks & Nuts

- ☐ Pumpkin seeds (pepitas) 1 oz

Various Groceries

- ☐ Tamarind paste 3.2 lb
- ☐ Yoso Unsweetened Almond and Cashew Yogurt <0.1 container