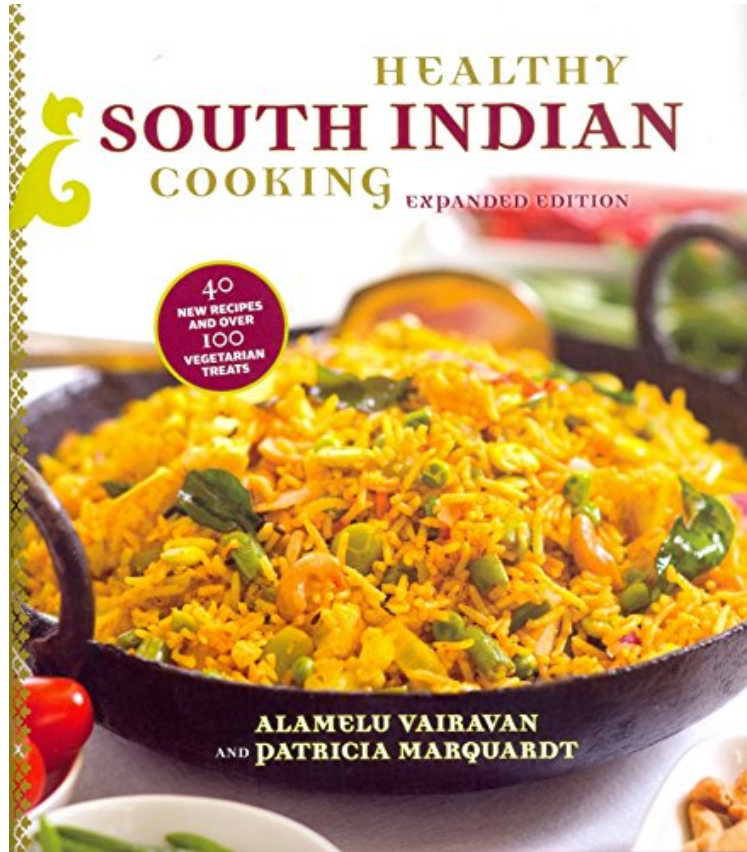


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## Healthy South Indian Cooking, Expanded Edition

*Alamelu Vairavan, Patricia Marquardt*

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In the famous Chettinad Healthy cooking tradition of Southern India, these foods evoke South Indian forgotten by Chicken Tikka Masala enthusiasts. Mostly vegetarian, these recipes allow home cooks to create such esoteric dishes as Potato-filled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper per Poriyal; and Eggplant Masala Curry. Rasams, breads, legumes and payasams are all featured here, as is the exceptional Chettinad Chicken Kolambu, South India's version of the popular vindaloo. Each of these low-fat, low-caloric recipes come with a complete nutritional analysis.