Snack, Indian

Crispy Baked Spinach Sesame Jowar Sticks

A soft dough of jowar atta and whole wheat flour, flecked with finely chopped spinach and sesame seeds, gets rolled thin, cut into strips and baked until crisp and golden. It offers a crunchy oven-baked take on the classic nimki.



Vegan | Dairy free

51 min	15	2.5 g	0.1 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1/2 cup finely chopped spinach (palak)
- [ ] 1 tbsp sesame seeds (til)
- [ ] 1/2 cup jowar atta (jowar flour)
- [ ] 1/2 cup whole wheat flour (gehun ka atta)
- [ ] 1 tsp oil
- [ ] salt (namak) to taste
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 1/4 tsp oil for greasing

Method

- [ ] 1 Add the finely chopped spinach, sesame seeds, jowar atta, whole wheat flour, 1 tsp oil and salt to a deep bowl.
- [ ] 2 Knead the mixture with enough water until you have a semi-stiff dough.
- [ ] 3 Split the dough into 5 equal portions.
- [ ] 4 Dust a little whole wheat flour on the surface for rolling, then roll one portion into a thin circle of 140 mm (5.5 inch) diameter.
- [ ] 5 Slice the circle into 7 equal sized strips and set them aside.
- [ ] 6 Work through the remaining 4 portions the same way, rolling and cutting, so you end up with 28 more strips.
- [ ] 7 Brush 1/4 tsp oil over a baking tray for greasing, arrange half the strips on it and bake in a pre-heated oven at 180ºC (360ºF) for 18 minutes, flipping the strips at the 9 minute mark, until the sticks are crisp and golden brown on both sides.
- [ ] 8 Bake the remaining strips in the same manner on the greased baking tray.
- [ ] 9 Let the baked strips cool completely, then serve them or keep them in an air-tight container.

Nutrition Facts

Per serving

Calories	**15**
Total fat	0.4 g
Saturated fat	Not listed
Sodium	1 mg
Total carbs	2.5 g
Fiber	0.4 g
Total sugars	0.1 g
Protein	0.4 g

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