

MAIN MENU

[Home](#)[News](#)[Cities](#)[Interviews](#)[Entertainment](#)[Sports](#)[Lifestyle](#)[Commentary](#)[Galleries](#)[MOBILE APPS](#)[Astroguide](#)

[Home](#) » [Lifestyle](#) » [Food](#)

Vegan and loving it!

DC | Priyanka Praveen | 27th Dec 2012

[Share](#) [Tweet](#)  



Turning vegan was never on Nina Oswald's agenda. But this German who moved to Hyderabad in 2009 did exactly that one and a half years ago and is "loving it".

Vegans don't use any animal-based products, something that's quite tough in India as milk products are used in abundance. But Nina says, "It's surprising how fast one can get used to new habits. It just takes two to three weeks to get accustomed to a new diet."

The freelance organic food researcher adds, "Turning vegan was due to health reasons." She says that veganism is a perfectly healthy lifestyle choice. "In fact, I turned vegan for that very reason! I wanted to adopt a healthier lifestyle and I did!"

She is currently finishing her book on organic food. "Initially, eating out would be difficult, at least in a country like India, but I found that it was very easy to customise your order. And once you do so, you think before ordering and you are aware of what's going inside your stomach."

Nina, however, doesn't force her views on her friends. "The best way to show people the good things about veganism is through food. Food is what makes a conversion into a vegan easier."

Nina shares two of her favourite recipes for our readers and hopes that they have a healthy year ahead.

Foxtail Millet Tabbouleh



Tabbouleh is a Middle Eastern salad dish that is traditionally prepared with bulgur (broken wheat). Generated by www.PDFonFly.com at 1/23/2013 11:13:40 PM
URL: <http://www.deccanchronicle.com/121227/lifestyle-food/article/vegan-and-loving-it>



LATEST NEWS

'VETADU VENTADU' STILLS

Vishal's latest action flick with Trisha, 'Vetadu Ventadu', releases this week.

NKOREA PLANS N-TEST AIMED AT US

North Korea said it planned to carry out a 3rd nuclear test, more rocket launches aimed...

PIPES, DRAINS NEW HOME FOR EJIPURA...

Palaniyamma is boiling milk in the middle of the road to feed her daughter on a...

JAC ACCUSES DESAM OF LETHARGY OVER...

The Telugu Desam top leadership has reportedly directed its leaders from Rayalaseema...

HC DISMISSES JAGAN'S BAIL PLEA

Andhra Pradesh High Court dismisses the regular bail petition of YSR Congress chief Y.S...

[Latest Stories](#) >

indigenous millets are a local alternative that tastes very similar and has a higher nutritive value than wheat.

Ingredients

- 125 gm foxtail millet, whole grains (kangni/ korra/navane/thinnai)
- 75 gm cucumber
- 150 gm red tomato
- 30 gm onion
- 15 gm fresh coriander leaves,
- 15g mint (substitute some of the herbs with parsley if you can find it)
- 1-2 garlic cloves
- ½ tsp rock salt
- 1/4 tsp ground black pepper
- ½ green chilli
- 2-4 tsp freshly squeezed lime juice
- 1-2 tbsp black sesame

Method

- *Cook the millet grains in 1 ½ -2 times water, till firm to the bite. Do not overcook or the grains will become mushy.
- *Chop the vegetables finely and mix with the spices, crushed garlic and the cooked millet.
- *Serve with hummus.

Hummus



Ingredients

- 1 cup chickpeas soaked overnight, and washed (the washing makes the chickpeas easier to digest)
- Juice of 1 lemon
- ½ tsp salt
- 1 tsp sesame butter
- 2 cloves of garlic.
- Olive oil
- ¼ inch of chilli powder or paprika
- Parsley (as a garnish)

Method

- *Cook the chickpeas in a pressure cooker till soft with just enough water in the cooker.
- *Rinse in clean water several times.
- *Blitz chickpeas, lemon juice, salt, sesame butter, and garlic in the blender, adding water as needed to make a thick, almost smooth paste.
- *Place in a bowl.
- *Dress with olive oil, a sprinkling of red chilli powder or paprika and parsley.

Ratings:

Select rating 6

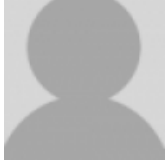
No votes yet

Rate

Tags: [Nina OswaldHummusTabbouleh](#)

RELATED ARTICLES

- [DA case: Andhra Pradesh High Court dismisses Jagan's bail plea](#)
- [Write a new life script](#)
- [Beyonce to buy a mansion for mum](#)
- [Romans crew in trouble for 'profaning' Church](#)



by jc (not verified) on Thu, 2012-12-27 21:17

Thanks for the story! Delicious vegan food is one reason why the number of vegans has doubled in less than 3 years. Here are two uplifting videos that will help people understand just some of the implications of this lifestyle: <http://www.youtube.com/watch?v=fKr4HZ7ukSE> and <http://www.veganvideo.org>

[reply](#)

Write a comment

Your name

Your Comment (Minimum 30 Characters) *

CAPTCHA

This question is for testing whether you are a human visitor and to prevent automated spam submissions.

Save

SECTIONS

- [News](#)
- [Entertainment](#)
- [Sports](#)
- [Lifestyle](#)
- [Commentary](#)
- [Galleries](#)

CHANNELS

- [Politics](#)
- [World](#)
- [Cities](#)
- [Business](#)
- [Sport](#)
- [Lifestyle](#)
- [Showbiz](#)

SPECIALS

- [DC 50](#)
- [Astroguide](#)
- [Investor's Desk](#)
- [Classifieds](#)

FOLLOW US

- [Facebook](#)
- [Twitter](#)

- [Home](#)
- [Asian Age](#)
- [Andhrabhoomi](#)
- [Financial Chronicle](#)

- [About Us](#)
- [Book Classifieds](#)
- [Contact Us](#)
- [E-Paper](#)

Copyright © 2013 Deccan Chronicle. All rights reserved. For reprint rights: Deccan Chronicle Service