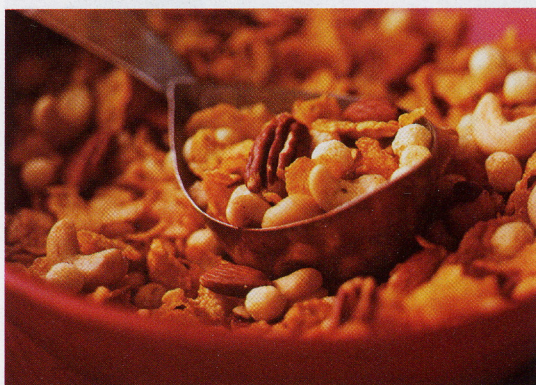


## INDIAN BUFFET

continued from page 67



### CHIVRA (SNACK MIX)

One of the most popular snacks in India is *chivra*. This quick-to-fix adaptation flavors three types of cereal and mixed nuts with black pepper and cayenne pepper as well as whole mustard seeds.

**START TO FINISH:** 15 minutes

- 4 cups cornflakes**
- 3 cups crisp rice cereal**
- 3 cups puffed corn cereal**
- 1 ½ cups mixed nuts**
- 3 tablespoons cooking oil**
- ½ teaspoon whole mustard seeds**
- 1 tablespoon lime juice**
- ¾ teaspoon ground black pepper**
- ½ teaspoon salt**
- ¼ teaspoon cayenne pepper**

**1.** In a large bowl, combine cornflakes, crisp rice cereal, puffed corn cereal, and mixed nuts; set aside.

**2.** In a 4- to 6-quart Dutch oven, heat oil over medium heat. Add mustard seeds; cover and cook about 1 minute or just until the seeds stop popping (be careful not to burn seeds). Remove Dutch oven from heat. Carefully add lime juice, black pepper, salt, and cayenne pepper. Stir in cereal mixture.

**3.** Cook and stir over medium-low heat about 5 minutes or until lightly toasted, stirring frequently. Spread mixture on sheets of foil; cool completely. Makes 10<sup>2</sup>/<sub>3</sub> cups mix.

**MAKE-AHEAD DIRECTIONS:** Place snack mix in an airtight container; cover. Store at room temperature for up to 2 weeks.

**PER ⅔ CUP MIX:** 156 cal., 9 g fat, 0 mg chol., 234 mg sodium, 18 g carbo., 1 g fiber, 3 g pro.