

Dehydration characteristics of green leafy vegetables

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Green Leafy Vegetables (GLV) constitutes the treasure trove of nutrients in addition to being cheap and easily available. Dehydration of GLV's concentrates nutrients, thus providing nutritive food. Hence an investigation was done with the objective to assess the effect of different drying methods (Sun drying, Microwave drying and cabinet drying) on the GLV's. Five types of locally consumed GLV's, (*Murraya koenigii*, *Coriandrum sativum*, *Spinacia oleracea*, *Peucedanum graveolens*, *Trigonella foenum graecum*) were selected. Dehydration protocol was assessed employing different methods of dehydration. Comparing the drying time and drying rate of the samples it was observed that Microwave drying was superior. Dehydrated curry leaves scored highest in terms of drying rate and rehydration ratio among the selected GLV's.

Biography

Myself, Abhay Patwa, pursuing my B.Tech (III/IV, 2nd Semesters) in Food Processing Technology, Food Technology Dept, from University College of Technology (A), Osmania University, Hyderabad, A.P