Ready- to- eat Chicken *Khakhr*a

Consumer demand for healthy food products has increased in the past decades. Convenience foods category needs to provide healthy and tasty options to the consumers as the lifestyle and working pattern of today's consumer leaves them with very less time for cooking, etc. Ready-to-eat category of convenience foods mainly include snack items such as biscuits, crackers, crisp bread, chips, extruded products to name a few. One concern for such on-the-go products is their nutritional composition. They are mainly high in fat, low in fibre and protein. Any improvement in this area will be beneficial for today's health-conscious consumer. Main concern of the on-the-go products is that they provide taste and satiety in between the main meals. Hence, the food industry must make a conscious choice while choosing to develop products

Chicken *khakhr*a/chicken- wheat crisps were developed as a convenient ready-to-eat light weight, fibre rich product. The developed product can be compared to the crisp-bread, crackers and matzo products from the western countries and *khakhra* from India. One main characteristic for these products is the low moisture content, which directly effects their crispness or hardness.

Resistant starch is a new type of low calorie (2 kcal/g) functional food ingredient providing variety of health benefits to consumers. It benefits special groups of people, meanwhile the ordinary consumers can also gain health benefits. This ingredient has been incorporated in various foods and found to be sensorially accepted by consumers.

The formulation of chicken *khakhra* with incorporation of functional starch makes it a fibre rich low GI product, good source of protein for non-vegetarian category of consumers.

The khakhra was standardized in the form of mini *khakhra* suitable for consumption as a snack product. It contains about 20% resistant starch and protein content 14-16%. It has a minimum shelf life of 6 months without addition of antioxidants or preservatives.