

SUSTAINABLE FOOD INNOVATIONS:

PRODUCT DEVELOPMENT, PACKAGING, AND WASTE VALORIZATION

**Innovations in Sustainable Food Processing,
Functional Foods and Smart Technologies**

Edited by

**Kamlesh Prasad, PhD
Shubhra Shekhar, M. Tech.
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**Sant Longowal Institute of Engineering and Technology,
Longowal – 148106, Sangrur, Punjab, INDIA**

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About the Editor

Kamlesh Prasad, PhD

Prof. Kamlesh Prasad is a distinguished academician, researcher, and food technologist with extensive experience in teaching, research, academics, administration, and scholarly publishing. He is currently serving as Professor in the Department of Food Engineering and Technology at Sant Longowal Institute of Engineering and Technology (SLIET), Longowal, Punjab, India. In addition to his academic responsibilities, he has served as Head of the Department (Food Engineering and Technology), Coordinator of the Internal Quality Assurance Cell (IQAC), Chairman of the Rajbhasha Hindi Cell, and Public Grievance Officer (PGO) of the institute. He is also the Chairman of the Conference on Future Innovations, Food Allergies, and Traditional Foods (FIFATF-2025 and FIFATF-2026).

Prof. Prasad obtained his postgraduate degree in Food Technology from the CSIR-CFTRI, Mysore. He subsequently earned his doctoral degree in Food Technology from GBPUA&T, Pant Nagar. His major areas of specialisation include fruit and vegetable processing, non-destructive quality evaluation of foods, image analysis, food process optimisation, nanotechnology applications in food systems, engineering properties of biological materials, innovative food processing technologies, and traditional foods to combat hidden hunger.

Prof. Prasad has authored and co-authored more than 200 research papers published in reputable national and international journals and conference proceedings. He has also authored several books, edited scholarly volumes, and contributed chapters to books published by leading national and international publishers. His publications have served as valuable references for researchers, students, and professionals in food science, food engineering, and postharvest technology. Also associated with several prestigious professional societies and scientific organisations, including the ASABE, IFT, AFST(I), NSI, USI, IEEE, and other national and international professional bodies. In addition to his research accomplishments, Prof. Prasad has actively contributed to academic leadership, curriculum development, student mentoring, and research capacity building.

This edited book is being published as part of the conference proceedings, reflecting his commitment to advancing research and disseminating knowledge in these critical domains.

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Mr Shubhra Shekhar is a PhD candidate in the School of Chemical Engineering at the University of New South Wales (UNSW), Sydney, Australia. He is currently a member of the Faculty Board, holds higher-degree research student positions in engineering, has served as President of the Chemical Engineering Research Society (CERS), and is a member of the AGSE Industry PhD cohort, actively engaging with both industry and academic partners. His research focuses on non-destructive sensing and advanced characterisation methods to improve quality assurance and process understanding in modern food systems. His work brings together principles from chemical engineering, computer science, and data-driven modelling to develop innovative approaches for analysing complex food products and their behaviour.

He is a GATE achiever and has completed an M. Tech. (Food Process Engineering) from NIT, Rourkela. He received the Best Student Award from the Association of Food Scientists and Technologists, India (AFSTI), Mysuru, in 2021 and ranked top in the deemed-to-be university at graduation. He was also the All-India Topper (Elite) and received a Silver Medal for the NPTEL Course conducted by IIT Kharagpur. Got an appreciation letter from Nestle India Ltd., Moga, for his contributions in the form of recommendations. Won several prizes in academics, co-curricular and extracurricular activities. Received letters of appreciation for his contributions to several events and activities. He has successfully delegated his responsibilities as the in-charge of the Society of Food Technocrats (SOFT), the Photography Club (SVIESA), and numerous other professional committees and events. He has industrial exposure with Mondelez India Foods Private Limited, Baddi, HP; Mrs Bector's Food Specialities Limited, Greater Noida, UP; and Nestle India Limited, Moga, Punjab. He is a widely travelled person and has visited countries including Australia, Switzerland, Italy, France, Vatican City, Belgium, the Netherlands, Germany, the Czech Republic, Austria, Hungary, Singapore, Thailand, and Hong Kong. His work is published as articles in books, journals, and conference proceedings of international repute.

Harish Kumar Sharma, PhD

Harish Kumar Sharma S/o Mrs Sharda Sharma and Late Shri M. M. S. Sharma is a Professor (HAG) of Sant Longowal Institute of Engineering & Technology (SLIET) (Deemed University) (Established by: Government of India) and worked as Director, National Institute of Technology (NIT) (An Institution of National Importance), Agartala and Founder Mentor Director of Indian Institute of Information Technology (IIIT), Agartala. Professor Sharma is involved in Teaching, Research, and Administration and has published 167 papers in peer-reviewed Journals and a total of 205 papers in National/International Journals/Proceedings. He has supervised 18Ph.Ds and 44 M.Tech. students for their theses and authored/edited (10) books, (02) proceedings, and (02) manuals, published by reputed National and International Publishing Houses. He contributed 34 book chapters published by National and International Publishing Houses and visited different countries. Professor Sharma has successfully handled several projects and successfully transferred technology on a commercial scale. He has filed two patents, holds four copyrights, and provided technical assistance to various industries.

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Preface

It gives us immense pleasure to present ***Sustainable Food Innovations: Product Development, Packaging, and Waste Valorization***, an edited volume bringing together the research contributions addressing important contemporary challenges and opportunities in sustainable food processing, food product development, packaging, and resource valorization.

The food sector increasingly needs to meet growing demand for nutritious, safe, affordable, high-quality foods while using natural resources efficiently and reducing food and agricultural waste. Sustainable food innovation therefore requires approaches that integrate product development, nutritional improvement, efficient processing, waste reduction, value addition, and environmentally responsible packaging.

The book comprises fourteen chapters covering diverse themes. These include food applications for addressing celiac disease, techno-economic evaluation of wheat bran for fibre-rich food products, rice straw for sustainable packaging, utilization of underexplored banana species, food allergen reduction using cold plasma, and the nutritional and functional potential of tangerine peel waste.

Several chapters emphasize the valorization of underutilized crops and food resources. The volume includes studies on Tardi (*Dioscorea bellophylla*) starch, amla cultivars, multi-millet formulations, bitter gourd, jute leaves, asparagus bean flour, dietary-fibre recovery, and bioactive compounds from stinging nettle. These contributions show the potential of diverse plant resources and food-processing residues as sources of nutrients, functional ingredients, bioactive compounds, and value-added food products.

The book also highlights sustainable packaging and innovative processing technologies. Converting rice straw into packaging materials offers a way to create value from agricultural residue, while starch-based antimicrobial films show the potential of renewable materials for functional packaging applications. Other contributions address cold plasma treatment, drying technologies, extraction processes, and hydrothermal recovery of dietary fibre.

An important feature of this volume is its multidisciplinary approach, bringing together perspectives from food technology, food engineering, agricultural sciences, nutrition, biotechnology, materials science, and related disciplines.

We hope that “*Sustainable Food Innovations: Product Development, Packaging, and Waste Valorization*” will serve as a useful reference for researchers, academicians, postgraduate and doctoral students, food technologists, engineers, industry professionals, and other stakeholders.

We sincerely thank all the authors, reviewers, institutions, colleagues, students, and supporters whose contributions have made this volume possible.

K. Prasad, S. Shekhar, and H. K. Sharma (Editors)

Acknowledgement

The publication of *Sustainable Food Innovations: Product Development, Packaging, and Waste Valorization* has been made possible through the collective efforts, cooperation, and support of numerous individuals and institutions. As editors, we sincerely acknowledge everyone who contributed to preparing and completing this volume.

First, we express our heartfelt gratitude to all the contributing authors for sharing their research findings, knowledge, and expertise. The fourteen chapters covering sustainable food product development, agricultural and food-waste valorization, sustainable packaging, functional ingredients, food allergen management, processing technologies, nutritional enhancement, dietary-fibre recovery, and bioactive compounds form the foundation of this book.

We sincerely thank the reviewers and subject experts for their valuable time, critical evaluation, and constructive suggestions. Their scholarly inputs have helped improve the quality, scientific content, and presentation of the chapters.

We gratefully acknowledge Sant Longowal Institute of Engineering and Technology (SLIET), Longowal, for providing the institutional support and academic environment necessary for this scholarly initiative. We particularly appreciate the support of all FIFATF-2025 sponsors in bringing this edited volume to publication.

We also acknowledge the valuable contribution of the Department of Food Engineering and Technology, SLIET, Longowal, whose academic and research environment continues to encourage innovation and knowledge dissemination in food engineering and technology.

We extend our sincere thanks to the collaborating institutions and academic partners whose researchers contributed to this volume. We particularly acknowledge the association of researchers from national and international institutions.

We thank our research scholars, students, faculty members, colleagues, collaborators, and well-wishers for their valuable support, encouragement, and academic contributions. We also appreciate the efforts of all those who assisted with manuscript preparation, editing, compilation, formatting, proofreading, correspondence, and publication. Special thanks to my scholars, Gunjan Thakur and Sunil Kumar, for their efforts in shaping this book in its present form.

Finally, we express our heartfelt gratitude to our families and friends for their patience, encouragement, and continued support throughout the preparation of this book. Thanks are also extended to the administrations of the institute and the Ministry of Food Processing Industry for their support.

We sincerely hope that this volume will contribute to advancing research and innovation in sustainable food product development, resource-efficient processing, sustainable packaging, agricultural and food-waste valorization, nutritional enhancement, and the development of environmentally and economically sustainable food systems.

K. Prasad, S. Shekhar, and H. K. Sharma (Editors)

Development and Characterization of Composite Maize Flatbread Fortified with Asparagus Bean Flour: Studies on Enhancement in Nutritional and Quality Attributes

Tajamul Rouf Shah, Pallavi Sharma^{ORCID}, Pramod Kumar^{ORCID}, Pradyuman Kumar^{ORCID} and Kamlesh Prasad^{ORCID}

Abstract. Maize flatbreads, a widely consumed staple food, are nutritionally inadequate, as they are low in protein and have limiting essential amino acids. Asparagus bean flour (ABF) supplemented, nutritionally enriched maize flatbread was prepared and investigated. Proximate analysis revealed ABF contained 22.57% protein compared to 8.84% in maize flour (MF), with water absorption index (2.71 g/g vs. 1.80 g/g) and foaming capacity (34.67% vs. 13.25%). ABF was found to be rich in lysine (4.80 g/100g vs 0.17 g in MF). Sensory evaluation for optimal addition of 15% ABF achieved sensory color (8.2), flavor (8.7), and overall acceptability (8.1). The optimized composite flour showed significantly different ($p \leq 0.05$) pasting properties with peak viscosity 1609.00 cP and final viscosity 2326.00 cP. The optimized flatbread exhibited significantly enhanced protein, fiber, and ash content, with in vitro protein digestibility of 85.11%. Texture analysis showed a higher shear value (13.00 N vs 11.50 N). Total phenolic content was 0.81 mg GAE/g, with antioxidant activity of 28.10%. 15% ABF supplementation enhanced nutrition and functionality without significant sensory loss.

Keywords: Asparagus bean flour; Composite flour; Maize flat bread; Nutritional supplementation; Protein enrichment

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1. Introduction

Cereal and pulse combinations in staple foods have been prevalent since ancient times (Kaur and Prasad, 2023; Kaur et al., 2024). Cereal-based baked goods are major dietary staples worldwide (Bhol and John Don Bosco, 2014; Dar et al., 2016). Flatbreads are among the oldest forms of bread and are consumed by major populations across regions. Unleavened flatbreads, or chapattis, are a staple food for most people in the Indian subcontinent (Sandhu and Singh, 2007). When freshly consumed, chapattis provide nearly 90% of dietary energy and offer economical sources of protein and dietary fibre, helping prevent constipation, diverticular disease, and bowel disorders (Gujral and Gaur, 2002; Wani et al., 2016). As consumer demand for nutritious products rises, composite flours from grains, legumes, and other ingredients are increasingly used in flatbread formulations (Bhat and Karim, 2009; Thongram et al., 2016). Cereal grains form the backbone of human nutrition (Sharma et al., 2016). Maize (*Zea mays L.*), the third most important food crop after rice and wheat, yields 1.242 billion tonnes globally and about 42.3 million tonnes in India (FAOSTAT, 2024). Major maize-producing states include Bihar, Punjab, and Madhya Pradesh, contributing over 95% of production. Around 35% of maize is consumed as flatbreads, especially in northern India. Maize is nutritionally rich in vitamins A, C, E, K, and B-complex, selenium, potassium, and phytochemicals such as carotenoids and phenolics, which reduce the risk of chronic diseases (Kerstin, 2006). It contains GNA-maize lectin, which has reported anti-HIV activity (Hoorelbeke et al., 2011). Resistant starch from maize alleviates conditions such as diarrhea, obesity, and atherosclerosis (McCarthy et al., 2005). As a gluten-free grain, maize is suitable for celiac patients (Barada, 2010), though it is low in lysine but rich in sulfur-containing amino acids. Legumes complement cereals nutritionally by being rich in lysine but deficient in sulfur-containing amino acids (Abdelghafor et al., 2013). Their regular consumption reduces chronic disease risk (Anderson and Major, 2002). The asparagus bean (*Vigna unguiculata* subsp. *sesquipedalis*), locally known as “loungh” in Kashmir, is a valuable protein

4. Conclusion

The study successfully developed a nutritionally enriched maize flatbread with 15% added asparagus bean flour. The composite formulation significantly improved protein, lysine, and fiber content while enhancing functional properties such as water absorption, dough stability, and protein digestibility. Sensory evaluation confirmed high acceptability with no compromise in product quality. The optimized baking conditions (225°C, 120 and 116 s sequential baking) and suitable packaging ensured extended storage stability. Overall, ABF supplementation effectively addressed the nutritional limitations of traditional maize flatbread, offering a promising approach for producing functional, protein-enhanced staple foods suitable for large-scale application and further development. There is still underutilization of maize and asparagus bean flour in Indian food sector. Therefore they should be utilized for the development of new food products. They are easily available in the market and least expensive. The resulted product can be easily afforded by common people. Moreover they are loaded with nutrients and bioactive compounds. Hence can improve the nutritional and health standard of population.

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