

Multicolored Oats Upma



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Now-a-days oats are getting popular because of health benefits. Instead of having oats porridge as breakfast, I want to try something different. One such easy breakfast recipe is oats upma which is healthy and nutritious.

Ingredients

- 1/2 Cup of Oats**
- 1/4 Cup of Onion**
- 2 Tbsp of Chopped Tomato**
- 1 Green Chilly**
- 1 Tsp of Ginger Garlic Paste**
- 2 Tbsp of Peas**
- 2 Tbsp of Chopped carrot**
- 1 Tbsp of Peanut**
- 1 Tbsp of Corn**

1/2 Tsp of Turmeric
2 Tbsp of Chopped Cilantro
1/2 Cup-3/4 Cup of Water
Salt as needed

To Temper

2 Tbsp of oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Channa Dal
1 Red Chilly
A Pinch Of Asafoetida
Few Curry Leaves

Method



- Heat oil in pan and add “To Temper” ingredients. Add Mustard after it crackles add urad dal, red chillies, channa dal, asafoetida and curry leaves.
- Add onions, green chilly, ginger garlic paste and saute well till onions turns translucent.
- Add turmeric and chopped tomato, saute well.
- Add all vegetables(carrot, peas, corn) and peanuts. Saute for few mins.
- Then add required water and salt.

- When water come to boil, simmer the flame and add oats, cover and cook till it done.
- Garnish with Chopped Cilantro.
- Serve yummy oats upma with any chutney.

Tips

- You can dry roast oats before adding to pan.
- Cook in low flame as oats sticks to the pan.
- Adding Coconut gives different taste.



Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.