## <u>Yellow Squash Kootu - Dal</u> <u>Recipes</u>



Kootu is a South Indian Dish which is simple to make and has good aromatic flavor in it. This dish is a combination of vegetables and lentils which is semi-solid in consistency. I made this dish with yellow squash which is easily available and highly nutritious. This kootu can be served with rice and potato fry.

## **Ingredients**

#### Pressure Cook

1 Cup of Yellow Squash
1/4 Cup of Yellow Moong Dal
1/4 Cup of Toor Dal
1/2 Tsp of Turmeric

Pinch of Asafoetida 1 Tsp of Oil Salt to taste

#### To Grind

1/4 Cup of Coconut
1 Tsp of Cumin
1/2 Cup of Chopped onion (big or small)
2 Small Green Chillies
1/2 Tsp of Pepper Powder

## To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Red Chilly
Pinch of Asafoetida

#### **Method**



- Wash and soak dal for 1/2-1 hour.
- Wash and cut the yellow squash into big cubes.
- Take a blender or mixie, add "to grind" ingredients and grind it to a smooth paste. Keep it aside.
- Take a pressure cooker and add "pressure cook" ingredients with sufficient water and wait for 4-5 whistles. Then switch off the stove.
- Heat a pan with oil, add "To Temper" ingredients, wait till mustard crackles then add the rest of the ingredients and saute till it turned brown.
- In a medium flame, add ground paste, saute well. Finally add the dal and mix well. Let it boil for 5mins, check the salt and then switch off the stove.

### **Tips**

- Serve with rice and potato fry
- Add red chilly powder instead of green chillies.
- You can follow the same recipe for chayote sqaush or bottle gourd or snake gourd.



## **Health Benefits of Yellow Squash**

- Rich in vitamin A and C
- Abundant in antioxidants.
- High concentration of beta-carotene and lutein.

#### SENDING THIS RECIPE TO PRIYA VERSATILE RECIPE

# CWS-Dals



1st March - 31St March