# Healthy Mixed Vegetable Dosa – Breakfast Recipe




***Dosa is a fermented pancake from rice and dal. It is a indigenous food to southern part of India. But now it is getting popular around the world. This is a slight variation of regular dosa, in which I added some vegetables to make dosa even more healthier and colorful. This dosa is very easy to make and a very filling meal for breakfast or dinner and your kids will love this.***

**Ingredients**

**2 Cups of Dosa Batter**

**To Make Masala**

2 Medium Size Carrots, Finely Chopped
1/2 Cup of Beans, Finely Chopped
1/2 Cup of  Peas (Frozen)
5-7 White Mushrooms, Finely Chopped
1/2 Cup of Red Onion, Finely Chopped
1 and 1/2 Tsp of Coriander Powder
1 Tsp of Red Chilly Powder
1/4 Tsp of Turmeric Powder
1/4 Tsp of Garam Masala
1 Tsp of Ginger Garlic Paste
1 Tsp of Mustard
1/2 Tsp of Cumin
3 Tsp of Oil

## Method

- Heat oil in a pan, add mustard and cumin, after they splutter, add chopped onion and ginger and garlic paste, saute this for 1-2 mins until raw smell vanishes.
- Add all the veggie's (carrots, beans, peas and mushroom ) Turmeric powder, red chilly powder, coriander powder, garam masala and salt. Saute this for a min. Sprinkle some water and cover pan with a lid and cook it for 3-5 mins until all the vegetables turns soft. Once done, turn off the stove
- Add water if batter is too thick. Heat a dosa pan or tawa, take a laddle full of batter, spread it like thin dosa. Drizzle some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Place enough vegetable masala in the centre of the dosa and then fold it.
- Serve hot with Green chutney or peanut chutney or tomato chutney




**Tips**

- **Finely chop the vegetable for this dosa.**
- **You can add chopped green chillies instead of red chilly powder.**
- **You can grate the vegetables for stuffing instead of adding chopped vegetables or you can also add vegetable puree to the batter and make a colorful dosa.**
- **You can add chopped nuts of your choice.**

**Health Benefits of Vegetables**

- **Vegetables are home for antioxidants.**
- **Vegetables are packed with soluble and insoluble fibers.**
- **They are rich in vitamins and minerals.**


HEALTHY VEGETABLE DOSA
FOODY-BUDDY.BLOGSPOT.COM