

Creamy Avocado Pasta



I'm a big fan of avocado. I always eat avocado in a guacamole form. They are really very good for our health because of the presence of vitamins & good fat in it. For a change, I tried with pasta, it tastes really yummy.

Just Avocado, that's all you need for this delicious avocado pasta.

No cheese..

No butter..

No Cream..

It's taste really wonderful how creaminess of avocado replaces the creaminess of using traditional alfredo sauce. Addition of lemon juice gives a tangy taste. Chopped onion,

tomato and garlic flavor gives a extra kick to this dish. On the whole, avocado gives the pasta, a gorgeous green color. This dish is very easy to make and it can be on your table in 15 mins.

Ingredients

2 Handful of Multigrain Spaghetti
1 Large Avocado
1 Medium size Onion, Chopped
1 Roma Tomato, Chopped
1/2 Tsp of Garlic Powder
Dash of Black Pepper Powder
Dash of Salt
1 Tsp of Lemon Juice
2 Tbsp of Cilantro Leaves
1 Tbsp of Vegennaise or Mayonnaise (Opt)

Method

Cook Pasta

- **Bring a large pot of salted water to a boil and cook spaghetti according to package directions. Once it done, drain the water and rinse it well with cold water to avoid stickiness. Keep this aside.**

Prepare avocado Sauce

- **Chop onions and tomatoes into a small pieces and set aside.**
- **Add avocado to a bowl, then use a fork or spoon to mash into chunky paste. Add chopped onion, tomato, garlic powder, lemon juice, cilantro, salt and pepper. For extra creaminess, add vegennaise to it, mix well. Taste it and adjust salt and pepper accordingly.**

Here is the video for you to make guacamole

Combine sauce and pasta

Combine both pasta and sauce in a bowl. Use two spoons or tongs to toss. Serve immediately. Make 2 servings.

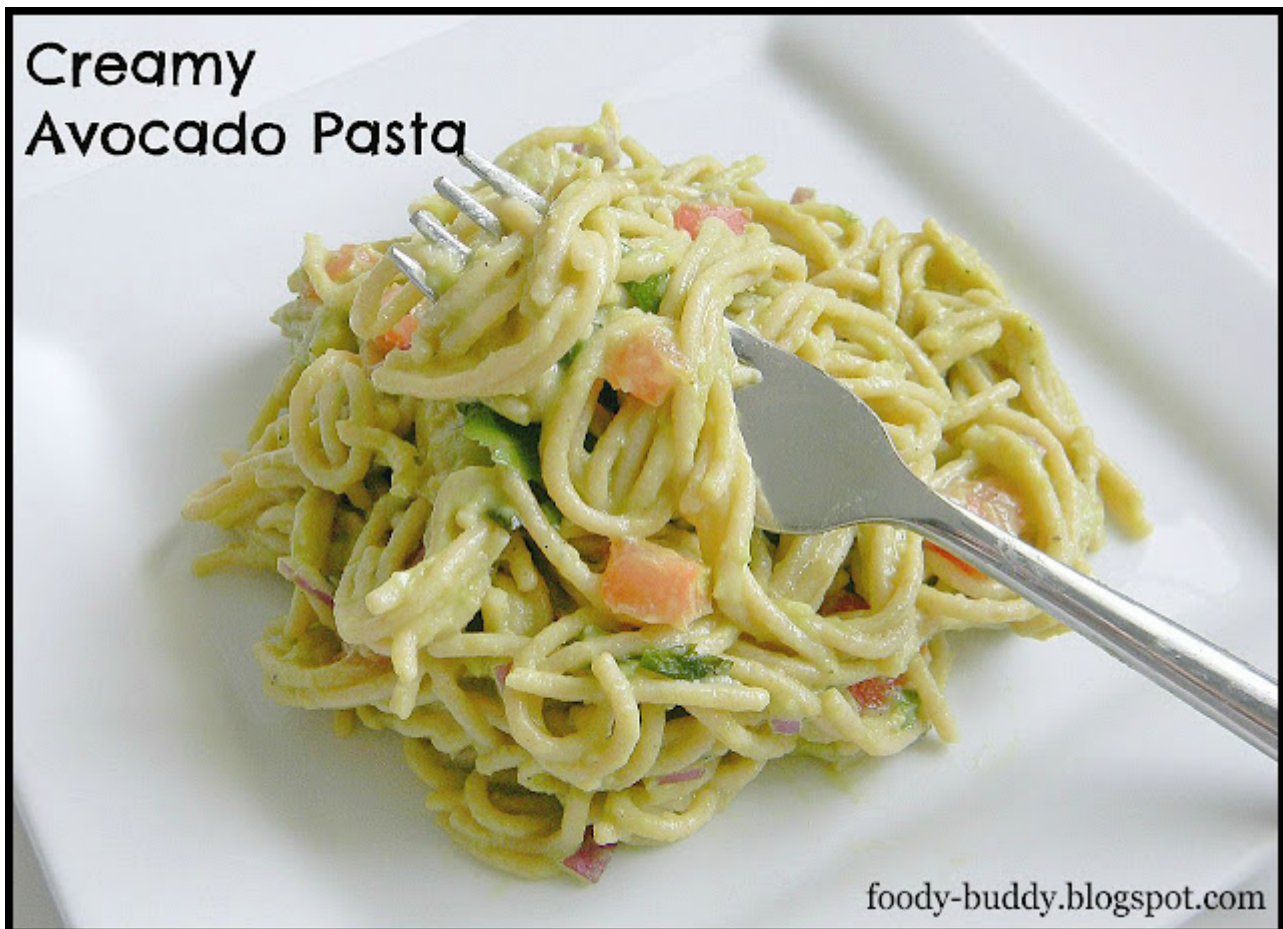


Tips

- Buy avocado 2-3 days in advance of your preparation day. Most avocado you find in store are rock hard so leave them outside to soften up for few days. This is to speed up the ripening process.
- Use avocado when it is in dark green colour.
- Onions are the mainstay for this recipe. It gives distinct flavor.
- If you don't have garlic powder or use crushed garlic or try with rest of the ingredients.
- If you have any unused avocado, store them with seed so that you can use it later. Other trick is adding lime

juice which prevents avocado from oxidation.

- Do not reheat the pasta dish due to avocado in the sauce. Serve immediately.
- Pasta dish is best eaten on the day it is made.



Health Benefits of Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.

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Easy Uppu Urundai recipe / Kara Kollukattai

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Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions sweet kollukattai and savory kollukattai. Sweet are made with coconut and jaggery filling. Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai

recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under " To Temper" After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut flakes.
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.

- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and steam it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with [peanut chutney](#) or any chutney of your choice.



Uppu Urundai

Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for [sweet kollukattai](#).



Health Benefits of Rice Flour

- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



tags : [uppu urundai recipe](#), [easy uppu urundai recipe](#), [kara kozhukattai recipe](#), [how to make uppu urundai](#), [prepare kara kozhukattai](#), [prepare easy uppu urundai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).

[**Ragi Semiya Upma / Ragi Vermicilli \(Finger Millet\)/**](#)

How to make Ragi Semiyaa – Breakfast Recipe



Finger Millet, also known as Ragi, is cultivated in drier parts of the world – mainly in Asia and Africa. Ragi has a distinct taste and is widely used in Southern Indian and Ethiopian dishes. Ragi is a rich source of Calcium, Iron, Protein, Fiber and other minerals. The cereal has low fat content and contains mainly unsaturated fat. It is easy to digest and does not contain gluten; people who are sensitive to gluten can easily consume Fnger Millet. Ragi is considered one of the most nutritious cereals. Try this healthy and nutritious breakfast dish and share your comments.

Ingredients

2 Cups of Ragi Semiya

To Temper

3 Tsp of Oil

1/2 Tsp of Mustard

1/2 Tsp of Urad Dal

2 Tsp of Chenna Dal

Few Curry Leaves

1 Medium Size Onion, Finely Chopped

1 or 2 Green Chillies, Finely Chopped

Pinch of Asafoetida

1 Tbsp of Dry Coconut Flakes

Salt as needed

Method



- **Soak ragi semiya in enough water for 3 mins. Drain the water and take out the semiya and put it in the greased idly plate and steam cook for 5- 7 mins.**



- Remove from idly plates and allow it cool for 5 mins.
- Heat a pan with oil, add mustard seeds, urad dal, chenna dal and curry leaves, after they sizzle add asafoetida, chopped onion, green chillies, fry 2-3 mins until it turns golden brown color.
- Finely add cooked ragi semiya and salt, saute for 1-2 mins. Finally garnish with coconut flakes.
- Hot ragi semiya is ready to eat.

Ragi Semiya Upma



Tips

- **Serve with coconut chutney.**
- **You can use red chilly instead of green chilly.**
- **You can add lemon juice at the end, for a tangy side.**
- **Add chopped vegetables of your choice.**



Ragi Semiya Upma

Health Benefits of Ragi

- **Ragi contains an amino acid called Tryptophan which lowers appetite and helps in keeping weight in control.**
- **Ragi is rich in Calcium which helps in strengthening bones.**
- **This helps in controlling blood sugar level in condition of diabetes.**
- **Finger Millet contains amino acids Lecithin and Methionine which help in bringing down cholesterol level by eliminating excess fat from Liver.**



Ragi Semiya Upma