

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.**



OPEN TORTA WEDGES – KIDS RECIPES



Are you new to the torta or have you tried torta before. A Torta is a Mexican sandwich, served on an oblong 6-8 inch toasted sandwich roll. Main ingredients are steak or chicken or pinto beans and garnishing ingredients are avocado, cheese, jalapenos, poblano , onion and tomatoes.

You can make a simple bread into creative and healthy snack for kids and adults. The addition of Pinto beans and guacamole are very good for our health, also it gives extra taste and creamyness, addition of tomato ketchup gives tangy taste and of course jalapenos gives extra kick to the snack because of mild spiciness. This is very easy to make, healthy and super nutritious. You can pack this for kids lunch box as this snack is colorful, also it is packed with carbs (from bread) protein (from Pinto beans) and good fats (from Avocado) Try this torta wedges and let me know your feedback.

Ingredients

2 Whole Wheat Bread, Toasted
1/2 Cup of [Cooked and Mashed Pinto Beans](#)
1/2 Cup of [Guacamole](#)
2 Tbsp of Tomato Ketchup
10 Slices of Jalapenos
Few Sprigs of Cilantro
2 Tsp of Ghee or Butter

Method

- Spread butter or ghee over the bread and then toast your whole wheat bread in a bread toaster until it turns crisp.
- Using knife, cut the bread into shapes like triangle or circular.
- Take a spoonful of [mashed pinto beans](#) and just spread it over the bread pieces.
- Next, place [guacamole](#) on top of the mashed pinto beans.
- Squeeze some tomato ketchup on top of the guacamole.
- Place the slices of jalapeno next to the guacamole.
- Follow the same steps to the rest of the bread pieces.
- Open Torto wedges are ready. Finally garnish it with cilantro.



Tips

- You can put some cheddar cheese or any cheese on top of the guacamole.
- You can also use mayonnaise or vegenaïse, if you like.
- Your bread should be crisp for this snack.
- You can see my [guacamole recipe with video](#) and [pinto beans recipe](#) in my blog.

Health Benefits of Torta Wedges

- Whole wheat bread are very good for health.

Pinto Beans

- Pinto beans, like most of the other beans, are rich in

fibers that are known for lowering cholesterol.

- This beans are rich in molybdenum, folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to health.

Avocado

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



RAVA IDLY – BREAKFAST RECIPES



Rava Idly is a nice variation to normal rice idly where the batter needs to be fermented, lots of preparation work whereas in rava idly preparation is so simple and easy and it can be made in matter of 20 minutes and also it tastes really delicious. This quick, instant idly mix can be more nutritious and flavorful if you add some vegetables and nuts. It can be served for breakfast or dinner along with creamy peanut chutney or coconut chutney.

Ingredients

3/4 Cup of Sooji / Rava
3/4 Cup of Thick Curd / Yogurt
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tbsp of Channa Dal / Bengal Gram Dal
1" of Ginger, Grated
1 Long Green Chilly, Chopped
Few Curry Leaves
Pinch of Asafoetida
1/2 Tsp of Turmeric Powder
1 Medium Sized Carrot, Grated
1/4 Cup of Frozen Green Peas (Cooked in microwave for 2 mins)
2 Tbsp of Chopped Cilantro
1 Tbsp of Coconut Dry Flakes
Salt to taste
1/4 Tsp of Soda Bicarbonate
2 Tsp of Ghee or Oil
1/2 Cup + 2 Tbsp of Water
Few Cashews

Yield – 8 Idlies

Method

- **Heat ghee / oil, add mustard, urad dal, channa dal, after they splutter, saute this till the dal turns golden brown. Add pinch of asafoetida, curry leaves and turmeric powder. Saute it for 30 secs.**
- **Add green chillies and ginger. Saute this for a min.**
- **Immediately add the grated carrot, peas and coconut flakes. Saute this for 1-2 mins**
- **Add rava and on low to medium heat, stir fry the rava constantly for 3-4 mins. Add chopped cilantro, saute this along with rava mixture. Take off from the heat and cool.**



- **In a bowl containing curd, add this rava mixture and enough water, mix well. Let this sit for 25 mins.**
- **On 26th min, add baking soda, you can now able to see foams after 2 mins.**



- **Grease idli plates with oil. Place a roasted cashewnut on each of the greased idli plates and pour the rava batter over the cashewnut as shown in picture.**



- **Steam the rava idlis on medium flame for around 10 minutes. Turn off the heat and let it sit for 5 mts.**



- **Remove the rava idlis carefully with a spatula and serve hot with [peanut chutney](#).**



Tips

- Add any vegetable of your choice like beets, bell pepper..
- Add any nuts of your choice like walnuts or almonds.
- Don't allow the batter to rest for a long time, after adding baking soda.
- Add 2 or 3 Green Chilly, if you like spicy idly.
- Sodium bicarbonate can be replaced with eno salt.
- Don't add hot rava mixture to cold curd, as it kills live cultures of bacteria. Let rava mixture cool down for 4-5 mins and then add it to the curd.



Health Benefits of Semolina/ Rava

- Good source of protein and vitamin B and E
- Semolina is made from durum wheat, so it is digested slowly. This helps you feel full longer and prevents you from overeating.
- Semolina improves kidney function, thanks to its potassium content.
- Add some chopped vegetables to savory semolina idly and make a power-packed, as well as delicious, meal in a bowl.

GR



Rava IDLY