

Fenugreek Flavored Lentil Curry – Dal Recipes



This traditional Indian dish is often served over rice or [roti](#). This recipe is the combination of fenugreek leaves, toor dal and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.

Ingredients

1 Small Bunch of Fenugreek Leaves, Chopped

To Pressure Cook

1/4 Cup of Toor Dal

1/4 Cup of Bengal gram Dal
1 Medium Size Tomato, Finely Chopped
1 Green Chilly, Finely Chopped
1/2 Tsp of Turmeric Powder
1 Tsp of Oil
1/2 Tsp of Salt
2 Cups of Water

To Temper

3 Tsp of Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad dal
1/2 Tsp of Cumin
1 Red Chilly
Pinch of Asafoetida
Curry Leaves
2 Garlic Cloves, Finely Chopped

Method

- **Soak both the dals in enough water for 1/2 hr. Drain the water and wash the dals in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, bengal gram dal, turmeric powder, oil, salt, chopped tomato, green chilly and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and cumin. After they sizzles, add a pinch of asafoetida, curry leaves and chopped garlic, fry for 1-2 mins.**
- **Add chopped fenugreek, saute for 1 min.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check the salt and switch off the stove.**
- **Hot Fenugreek flavored lentil curry is ready.**



Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

Health Benefits of Dal and Greens

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.



BEANS PARUPPU USILI / BEANS
WITH MOONG DAL CURRY



Beans Paruppu Usili is a traditional South Indian dish which is a combination of green beans and yellow moong dal. Instead of making regular vegetable stir fry, add some dal to it, it not only enhances the taste but also good for health. This delicious and healthy dry curry goes well with any variety rice or puli kulambhu. You can use different vegetables like cluster beans, carrot, cabbage etc just by following the same recipe.

Ingredients

- 1 and 1/4 Cup of Chopped Green Beans**
- 3 Tbsp of Yellow Moong Dal**
- 1/4 Tsp of Turmeric Powder**
- 1 Tsp of Red Chilly Powder**
- 1 Tbsp of Milk**
- Salt to taste**

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 2 Tbsp of Chopped Onion

Method

- Wash and finely chop the green beans into small pieces.
- Cook yellow moong dal in microwave for 10 mins by adding enough water.
- Heat oil in a pan, add mustard and urad dal, after they splutter, add chopped onion, saute this for 1-2 mins.
- In a medium flame, add turmeric powder, red chilly powder, saute this for 30 secs.
- Immediately add the chopped green beans, mix well with masala, add salt and saute this for a min. Cover the pan with a lid and cook it for 5 mins in a medium flame by adding little water.
- Add some milk and cook for a min.
- Finally add cooked moong dal to the green beans and saute it for a min and then switch off the stove.
- Beans paruppu usili is ready.



Tips

- Adding milk is optional.
- You can also add ginger garlic paste, if you want.
- Moong dal can be replaced with some other dal.
- You can add turmeric and red chilly powder directly to oil or after the addition of green beans.

Health Benefits of Green Beans with Moong Dal

- Moong dal provide great source of complex carbohydrates, fiber and protein. Also, they are an excellent source of molybdenum and folic acid. They provide a good nutrition for diet people since they are low in fat. Also it promotes heart health.
- Green Beans are low in calories, rich in vitamins, dietary fiber and folate.

BEANS PARUPPU USILI



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CHANNA PALAK / SPINACH –
BENGAL GRAM DAL – DAL RECIPE



This traditional Indian dish is often served over rice or [roti](#) and is a staple food in many Indian restaurants and households. This recipe is the combination of spinach and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.

Ingredients

To Pressure Cook

- 1/2 Cup of Bengal Gram / Kadalai Paruppu**
- 1/4 Tsp of Turmeric**
- 1/2 Tsp of Oil**

1/2 Tsp of Salt
Pinch of Hing
Water as needed (~2 Cups)

To Temper

2 Tsp of Oil
1 Red Chillies (Opt)
4 Garlic Cloves
2.5 Tbsp of Tomato Puree
1 Tbsp of Fried Onions
1/4 Tsp of Turmeric
1 Tsp of Red Chilly Powder
1 Cup of Chopped Baby Spinach
1 Tsp of Kasoori Methi (Dried Methi Leaves)

To Garnish

Few Sprigs of Cilantro leaves

Method

- Soak channa dal or bengal gram for 2 hrs before cooking. Wash and drain it before cooking.
- In a cooker, pressure cook by adding all the “cooker items” ingredients as shown above, with enough water and wait for 5-7 whistles and switch off the stove.
- Heat oil in a pan and add the “To Temper ” Ingredients as mentioned above. First add red chilly, saute till it turns dark color.
- Fry the garlic for a min. After that, add tomato puree and fried onions, saute it for 1-2 mins.
- Add turmeric and chilly powder to it. Fry for a min.
- Now add chopped spinach to it and saute this for 1-2 mins.
- Add the cooker items (Dal) to a pan. Allow it to boil for 5 mins. Stir in between to avoid burning at the

bottom. Add kasoori methi at this moment. Let it come to rolling boil and turn off the stove. Adjust the salt to taste.

- Garnish with Cilantro/Coriander leaves.
- Serve it with [roti](#)/nan/rice.



Tips

- You can do the same recipe with methi leaves or any greens
- Use different dal like toor or moong by following this recipe.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.
- Adding red chilly is optional instead add green chilly.

Health Benefits of Bengal Gram & Spinach

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.
- Spinach are rich in anti-oxidants

SPINACH-BENGAL GRAM DAL



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sending this recipe to [priya versatile recipes tickling palatte & tomato blues](#)

CWS- Dals



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