

# Yellow Squash Kootu – Dal Recipes



*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**



**INGREDIENTS**

- 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 squash 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

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[Aamti \( Maharastrian Style Dal \)](#)



***Aamti is a traditional Maharashtra dish. It taste different from south Indian sambhar though most of the ingredients are similar. For this aamti, most important ingredient is Goda masala. Try this recipe you like it. It goes well with any vegetable fry.***

### **Ingredients**

#### **To Pressure Cook**

- 1/2 Cup of Toor Dal**
- 1/2 Tsp of Turmeric**
- A Pinch of Asafoetida**
- 1 Tsp of oil**
- 1 Tsp of Salt**

## For Tadka/Seasoning

- 1 Tbsp of Oil
- 1 Tsp of Mustard
- 1 Tsp of Cumin
- A pinch of Asafoetida
- 1 Chopped Tomato
- 2 Tsp of Coriander Powder
- 1 Tsp of Chilly Powder
- 1 Tsp of Goda Masala
- A sprig of Curry Leaves
- Tamarind Pulp to taste
- 1/2 Tsp of Jaggery/sugar
- Salt to taste
- 2 Tbsp of Chopped Cilantro/Coriander leaves

## Method

- Wash and soak the dal for 1/2 hr.
- Pressure cook the dal by adding " To pressure cook" ingredients.
- Once it done, Keep it aside.
- Take a pan with oil, add mustard, cumin, asafoetida and curry leaves.
- Now add cooked dal and little water.
- Add tomato, tamarind juice and cook for 5-6 mins.
- Add coriander powder, red chilly powder, goda masala, jaggery and salt to taste. Mix well and cover it with a lid and cook for 10-12 mins.
- Finally garnish it with cilantro.

## Tips

- It goes well with cabbage fry or any less spicy subzi.
- You can use kokum instead of Tamarind pulp.
- You can get goda masala in any super market.
- If you don't get goda masala, try it with garam masala.



### **Health Benefits of Toor Dal**

- **Rich in carbohydrates, protein and fiber**
- **Excellent source of folic acid.**

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**[Spinach Dal Recipe / Dal Palak](#)**



***This traditional Indian dish – Spinach dal recipe / Dal palak is often served over rice and it is a staple in many Indian restaurants and households. This spinach dal recipe is the combination of Toor, Moong dal and spinach. It is not only delicious, good source of nonmeat protein and it also has a number of health benefits.***

## Ingredients

- Cooker Items
  - 1/4 Cup of Toor Dal
  - 1/4 Cup of Moong Dal
  - 1 Cup of Spinach
  - 1 Chopped Tomato
  - 1 or 2 Green Chillies
  - 1 Tsp of Turmeric
  - 1 Pinch of Asafoetida
  - 2 Tsp of Oil
- Salt and water as needed
- To Temper
  - 2 Tbsp of Oil
  - 1 Tsp of Mustard
  - 1 Tsp of Cumin
  - 1 Red Chilly
  - Handful of Curry Leaves
  - 1 Chopped Onion
  - 2 Chopped Garlic Cloves
  - 3 Tsp of Coriander Powder
  - 1/2 Tsp of Red Chilli Powder

## Method

- Soak toor and moong dal for 2 hrs before cooking. Wash and drain
- Pressure Cook all the “cooker items” ingredients as shown above, with enough water and wait till 4-5 whistles.
- Heat oil in pan and add the “To Temper ” Ingredients. One after the other.
- Fry the onion and garlic till golden brown. Add coriander and chilly powder to it. Don't over roast it, as it gives burning taste.
- Add the cooker items to pan. Allow it to boil for 5 mins. Stir in between to avoid burning at the bottom. Let it come to rolling boil and turn off the stove.
- Garnish with fresh chopped onion, tomato and Cilantro/Coriander leaves. Serve it with roti/nan/rice.

## Tips

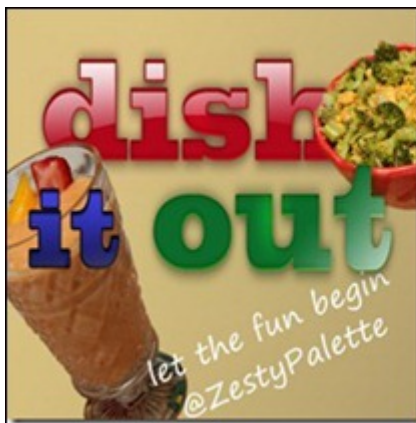
- You can do the same recipe with methi leaves too.
- You can enrich the taste by adding 1tsp of ghee.
  - You can also add lemon juice while serving.

## Health Benefits of Toor and Moong dal

- 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.



**Sending this recipe**



**Lentils & Garlic**

**Feb 1 - Feb 28**

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