

Kondakadalai (Channa) Sundal Recipe



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kondakadalai (channa) Sundal recipe is a south Indian salad made with different legumes. Kondakadalai sundal recipe / channa sundal recipe / chick peas salad is a easy and healthy evening snack. Also we make kondakadalai sundal recipe for festival occasions particularly for Navarathri and Vinayaka chaturthi..kondakadalai Sundal recipe can be prepared either with white or black chickpeas. Both channa sundal are rich in

protein and nutritious. Here it comes the recipe for kondakalai (channa) sundal recipe.

Ingredients for sundal recipe

- 1/2 Cup of Channa / Kondakadalai / Chick Peas
- 1 Tbsp of Coconut

To Temper

- 2 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Method for kondakadalai sundal recipe

- Soak chick peas in salt water for overnight (8hrs). Next day, wash it in cold water and pressure cook by adding salt, oil and water, for 2 whistles , simmer it for 35 mins in low flame. After that, turn off the flame. Let the pressure release on its own.
- Heat a pan with oil, add red chilly, mustard seeds, urad dal, after it splutters, add asafoetida and curry leaves, followed by channa, salt and coconut, mix well and fry for 1-2 mins.
- Healthy Channa sundal is ready to eat.



Tips

- You can use green chilly instead of red chilly.
- You can add chopped onion while tempering.

Health Benefits of Sundal / Chickpeas

- High in fiber, iron and protein.
- Rich in manganese and folate.
- Stabilizes blood sugar and low in glycemic index.
- Reduce the risk of Heart disease.
- Prevents breast cancer.
- Due to high in fiber and low in GI, they are good for weight loss



tags : [sundal recipe](#), [sundal](#), [sundal recipe for navarathiri](#), [sundal recipe for vinayagar chaturthi](#), [kondakadalai sundal recipe](#), [channa sundal recipe](#), [chickpeas salad](#), [how to make sundal recipe for navarathiri](#), [prepare kondakadalai sundal recipe](#), [traditional tamil sundal recipe](#)

[Oats Dosa / Instant Dosa Recipe / Indian Breakfast Recipe](#)

Oats Dosa



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Oats dosa is one of my favorite breakfast dish, as it is so crispy, tasty and healthy. In this dosa preparation, roast the oats and sooji, mix all the ingredients in a bowl along with enough water and make a dosa. Here you don't need anything to soak, grind or ferment the rice and dal to make dosa. This instant dosa can be made in a jiffy. This post was in my draft for a long time and here it comes the crispy, healthy oats recipe.

Ingredients

3/4 Cup of Oats
1/2 Cup of Rice Flour

1/4 Cup of Rava (Sooji)
1/4 Cup of Maida
1 Tsp of Whole Black Pepper
1 Tsp of Whole Cumin
1/3 Cup of Red Onion, Finely Chopped
2 Green Chillies, Finely Chopped
10 Curry Leaves
Salt to Taste
3 Cup of Water

Method

- In a medium flame, heat a pan and dry roast the sooji and oats separately, for 2-3 mins until color changes and nice aroma arises.
- In a mixie(Spice grinder), grind the oats to a fine powder.
- In a wide bowl, add sooji, oats powder, rice flour, maida, onion, pepper, cumin, green chillies, curry leaves, salt and water. Mix well with a spoon or fork and the batter should be too watery, not thick. Let the batter sit for 30 mins.
- Heat a griddle (Dosa pan), just sprinkle the batter with your hand, in a circular motion to the pan, drizzle some oil over the dosa or on sides. When it is cooked, flip carefully to the other side. Cook both the sides until it turns crisp. After it is cooked, remove from heat.
- Repeat the process for the rest of the batter.
- Serve this dosa with [tomato chutney](#) or any chutney of your choice.

Tips

- Here I used multigrain cereal which has 80% of oats and 20% of other grains.
- Always cook dosa in a medium flame.
- Adjust the number of green chilly according to your

spicy level.

- You can also spread dosa batter with laddle, just pour the batter to the pan in a circular motion like you do for rava dosa.
- Consistency of batter should be watery as we do for rava dosa.
- You can also add 2 tbsp of curd to give a nice flavor to dosa.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.



Best Antioxidant Drink / Blueberry Pomegranate Cooler

Blueberry Pomegranate Cooler



Anti-oxidants are specialized plant nutrients (photochemicals). These nutrients proven to support human

health and wellness and prevent a myriads of diseases. They work by combating the natural process of oxidation in the body that creates free radicals. Free radicals attacks the cells , thereby increases the risk of serious diseases like cancer. With a diet rich in antioxidants, you can reduce the risk of diseases.

Coming to the recipe, here I have used three magical super fruits, blueberries, pomegranate and grapes. I blended together the sweet, juicy blueberries and ripe pomegranate and delicious grapes. This juice is really so beautiful to look, great in taste and simply superb. So start you day with this filling and healthy drink and get your daily dose of all vitamins and antioxidants. Here I am sharing you some pictures which I took during my recent trip to blueberry farm and vineyard.



Blueberry Plant



Unripe Grapes



Vineyards

Ingredients

3/4 Cup of Pomegranate Seeds
1/2 Cup of Red Grapes
1/2 Cup of Blueberries
4 Tbsp of Sugar or to Taste
1/2 Cup of Water
Ice Cubes as Needed

Method

- Wash all the fruits in a running tap water.
- Remove the seeds from pomegranate without white pith.
- In a blender, add pomegranate seeds, grapes, blueberries and sugar, blend it to a smooth puree.
- Use a mesh strainer and strain the juice to a container.
- Use the back of a spoon to push against the pulp and extract as much as juice as possible.
- Now pour the juice to a serving glass and serve it with ice cubes.

Tips

- Adjust the amount of sugar according to your taste.
- You can also have juice without straining.

Health Benefits of Blueberry, pomegranate and grapes

Blueberry : High in anti-oxidants, reducing belly fat, good for digestion, heart and brain.

Pomegranate : High in anti-oxidants, Good for heart, lowers the blood pressure and stroke, prevents prostate cancer, kills harmful bacteria.

Grapes : High in anti-oxidants, good for heart, brain and skin, weight loss, fight against diabetes.

Blueberry Pomegranate Cooler

