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 vegenaise, 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.

QUICK MUSHROOM RICE – LUNCH BOX RECIPE

Those who love mushroom, will surely love this rice…This quick mushroom rice is very flavorful, very easy to make, with very less ingredients and no tempering's and it can be made in matter of 5 minutes. It tastes absolutely yummy if you eat with rice crackers or potato chips. Good to pack for lunch box and your kids will love this.

Ingredients

6-7 White Mushroom, Chopped
2/3 Cup of Cooked Rice/ Leftover Rice
3 Tbsp of Finely Chopped Red Onion
1 Green Chilly (Long)
1 Tsp of Kasoori Methi or Dried Fenugreek Leaves
1/2 Tsp of Garam Masala
1/2 Tsp of Curry Powder
2 Tsp of Oil/ Ghee
Salt to Taste

Method

- Heat oil / ghee in a pan, add chopped onion and green chilly, sauté this for 1 min.
- Add mushroom, kasoori methi and salt, sauté this for 1-2 mins. The smell of kasoori methi frying in hot oil, makes more appetizing.
- Add garam masala and curry powder, sauté this for 30 secs. Immediately add rice (freshly cooked or leftoverrice) to the masala and mix well in a medium – high flame.
- Quick mushroom rice is ready to serve with some potato chips or any vegetable fry.

Tips

- You can use freshly cooked rice or leftover rice for this recipe.
- If you want, you can do some tempering with mustards and cumin.
- Adjust spicyness according to your taste.
- Adding ghee gives a nice flavor to this dish.

Health Benefits of Mushroom and Fenugreek Leaves

- Mushroom are fat-free food.
- Mushrooms may be small but nutrition facts prove that they have plenty of vitamins and minerals. One cup of mushrooms includes vitamins C, D, B6 and B12, plus large doses of riboflavin, niacin and pantothenic acid. These vitamins along with minerals like calcium, iron,

potassium and selenium keep you fit and in good health.

- Fenugreek Leaves are good for diabetic people and lowers cholesterol, rich in vitamin B, K, also they are aromatic.

sending recipe to event – one pot meal