

# 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.



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**Ragi Semiya Upma / Ragi Vermicilli (Finger Millet) / How to make Ragi Semiyaa – Breakfast Recipe**



## Ragi Semiya Upma

*Finger Millet, also known as Ragi, is cultivated in drier parts of the world – mainly in Asia and Africa. Ragi has a distinct taste and is widely used in Southern Indian and Ethiopian dishes. Ragi is a rich source of Calcium, Iron, Protein, Fiber and other minerals. The cereal has low fat content and contains mainly unsaturated fat. It is easy to digest and does not contain gluten; people who are sensitive to gluten can easily consume Fnger Millet. Ragi is considered one of the most nutritious cereals. Try this healthy and nutritious breakfast dish and share your comments.*

### Ingredients

**2 Cups of Ragi Semiya**

**To Temper**

**3 Tsp of Oil**  
**1/2 Tsp of Mustard**  
**1/2 Tsp of Urad Dal**  
**2 Tsp of Chenna Dal**  
**Few Curry Leaves**  
**1 Medium Size Onion, Finely Chopped**  
**1 or 2 Green Chillies, Finely Chopped**  
**Pinch of Asafoetida**  
**1 Tbsp of Dry Coconut Flakes**  
**Salt as needed**

### **Method**



- **Soak ragi semiya in enough water for 3 mins. Drain the water and take out the semiya and put it in the greased idly plate and steam cook for 5- 7 mins.**



- Remove from idly plates and allow it cool for 5 mins.
- Heat a pan with oil, add mustard seeds, urad dal, chenna dal and curry leaves, after they sizzle add asafoetida, chopped onion, green chillies, fry 2-3 mins until it turns golden brown color.
- Finely add cooked ragi semiya and salt, saute for 1-2 mins. Finally garnish with coconut flakes.
- Hot ragi semiya is ready to eat.



### Tips

- Serve with coconut chutney.
- You can use red chilly instead of green chilly.
- You can add lemon juice at the end, for a tangy side.
- Add chopped vegetables of your choice.



**Ragi Semiya Upma**

### **Health Benefits of Ragi**

- **Ragi contains an amino acid called Tryptophan which lowers appetite and helps in keeping weight in control.**
- **Ragi is rich in Calcium which helps in strengthening bones.**
- **This helps in controlling blood sugar level in condition of diabetes.**
- **Finger Millet contains amino acids Lecithin and Methionine which help in bringing down cholesterol level by eliminating excess fat from Liver.**



**Ragi Semiya Upma**

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**[Capsicum Corn Rice / Corn Bellpepper Rice- LunCh Box Recipes](#)**



*This rice is the combination of corn and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This flavorful rice is a one pot meal , great to pack for lunch box. Good accompanient for this rice is raita or appalam or potato chips.*

### **Ingredients**

- 2/3 Cup of Cooked Rice**
- 2 Green Capsicum or Bell Pepper**
- 1/2 Cup of Corn, Frozen**
- 1 Large Onion, Finely chopped**
- 2 Medium Size Tomatoes, Finely chopped**
- 1 Green Chilly , Finely chopped**
- 1 Tsp of Ginger – Garlic Paste**

**1/2 Tsp of Turmeric Powder**  
**2 Tsp of Sambhar Powder**  
**1 Tsp of Garam Masala Powder**  
**2 Tbsp of Chopped Cilantro / Coriander Leaves**  
**Salt as needed**

### **To Temper**

**2-3 Tsp of Oil / Ghee**  
**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**Few Sprig of Curry leaves**

### **Method**

- **Wash and soak rice in water for 30 mins. Drain the water completely. In a pressure cooker, cook the rice by adding 2 Cups of water for 3 whistles. Once it done, switch off the stove.**
- **Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after they sizzle, add chopped onion, green chilly and salt, fry for 2 mins until it turns golden brown.**
- **Add ginger garlic paste, saute this for a min until raw smell vanishes.**
- **In a medium flame, add turmeric powder, sambhar powder and garam masala, saute this for another 1 min.**
- **Add chopped tomatoes, saute well with masala until oil separates.**
- **Add chopped green capsicum and frozen corn, saute well with the masala, just sprinkle little water and cover the pan and cook it for 2-3 mins. Don't overcook the vegetables as it loses the nutrients.**
- **Check the salt and switch off the stove.**
- **Gently mix the veggie and the boiled rice. You can add some little butter or ghee at this stage, gives a nice flavor.**

- Finally garnish it with chopped cilantro.
- Hot capsicum corn rice is ready.



### Tips

- Serve hot with raita or potato chips.
- You can use red or yellow capsicum instead of green.
- You can use garlic cloves instead of ginger garlic paste.
- Adjust spicy taste according to your taste buds.

### Health Benefits of corn and capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Both are rich in dietary fiber.
- Bell peppers and corn are loaded with antioxidants.
- Corn rich in folic acid.
- Corn controls diabetes. reduces hemorrhoids and

colorectal cancer

sending this recipe to [spring blog hop](#)

