

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.**



[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](#)



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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