

Aloo Methi (Potato with Fenugreek Leaves) - How to make Aloo Methi Recipe- No onion No garlic recipe



Aloo methi is a classic Indian dish made with potatoes, aromatic fenugreek leaves and spices. This delicious and flavorful dish is packed with protein, Iron and vitamins. Enjoy this dish with [roti](#) or [paratha](#) or [jeera rice](#).

Ingredients

3 Medium Size Golden Yellow Potatoes
2/3 Cup of Fenugreek Leaves

2 Tsp of Coriander Powder
1 Tsp of Red Chilly Powder
1/2 Tsp of Turmeric Powder
1/2 Tsp of Kitchen King masala
Salt as needed

To Temper

3 Tsp of Oil
1 Tsp of Cumin / Jeera
Pinch of Asafoetida

Method

- Wash the potatoes and cut into cubes, boil them along with salt in a steamer or microwave.
- Wash and roughly chop the methi leaves.
- Heat a pan with oil, add cumin seeds, after they crackles add asafoetida, in a medium-low flame add coriander powder, turmeric powder, red chilly powder and kitchen king masala, give a quick stir.
- Immediately, add methi leaves(fenugreek leaves), saute this for 1 min.
- Add boiled potatoes, mix well with the masala, sprinkle some water and salt, cook it for 5 – 7 mins in medium flame by covering the pan. Do stirring one or two times in between. once it done, switch off the stove.
- Aloo methi (Potato with Fenugreek Leaves curry) is ready to serve.



Aloo Methi

Tips

- Serve with [paratha](#) or [jeera rice](#) or [Vegetable pulao](#)
- You can add onion or garlic, if you want.
- If you want tangy side, add chopped tomatoes or Amchur Powder(mango powder)
- You can use sambhar powder instead of turmeric, red chilly powder and coriander powder.
- Dried methi leaves can be used in place of fresh fenugreek leaves.

Health Benefits of Potato and Fenugreek Leaves

- Potatoes are rich in vit A,C and fiber and good for brain function.
- Fenugreek leaves are good source of vitamins, minerals, protein and iron. Also good for lactating mothers.

Aloo Methi



[Apple Milkshake Recipe- How to make Apple Milkshake](#)



An "Apple" was in fact the very first word when I was a kid learning my Alphabets.

Apple is one of the popular fruits containing an impressive list of Phyto nutrients, antioxidants and essential nutrients for a good health.

" An Apple a day keeps the doctor away " This smooth and delicious beverage, one should take every day as it boost the immune system. You can make this milkshake with any kind of apple like Granny Smith apple or Fuji or golden delicious or gala apple. Try this easy and tasty milk shake and share your comments.

Ingredients

- 1 Organic Fuji Apple, Chopped**
- 1 Cup of Cold Milk (Full Fat)**
- 1 Tbsp of Sugar**
- 4-5 Ice Cubes**

Method

- **Cut the apple into small pieces.**
- **Blend the milk, apple, sugar and ice cubes in a blender to a smooth puree.**
- **Now pour the shake into the glass and serve it chilled.**



Tips

- **Don't peel the apple skin, as they are rich in vitamins, fiber and antioxidants.**
- **Adjust sweetness according to your taste.**
- **You can add a pinch of cinnamon powder, as it controls sugar level.**
- **You can also add vanilla ice cream or nuts (Almond, cashews), for a richer taste.**

Health Benefits of Apple

- **Eating apple reduces cardiovascular disease, cancers and cholesterol**

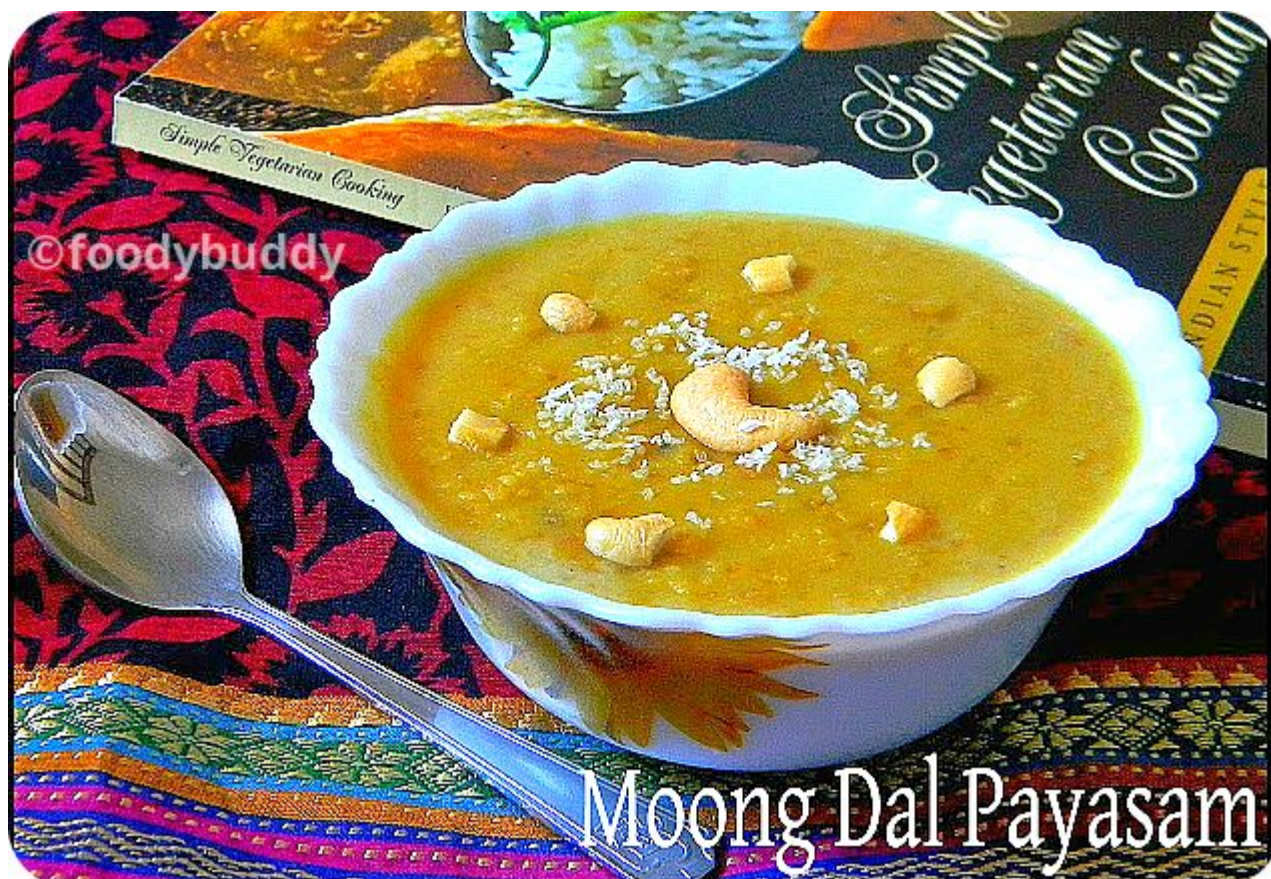
- **Boosts the immune system.**
- **Aids in dental health and weight loss.**
- **Detoxify your liver.**



Pasi Paruppu Payasam / Moong Dal Kheer

Pasi paruppu Payasam / Moong Dal Kheer is a lentil based Indian festival sweet recipe which is prepared with moong dal, jaggery and milk. This pasi paruppu payasam is very easy to make, protein rich and flavourful sweet prepared on important festival occasions like varalakshmi poojai. You can

make this moong dal kheer either in a stove top or pressure cooker, but cooker is the easiest way to make this payasam. To make this payasam recipe, moong dal cooked in cooker, mashed, combined with jaggery syrup and finally flavored with ghee roasted cashews and cardamom. Serve this moong dal kheer either warm or cool. I love to drink cool kheer.



Ingredients

- 1/4 Cup (heaping) Yellow Moong Dal
- 1/4 Cup + 2 Tbsp of Jaggery
- 3/4 Cup of Milk
- 1/2 Cup of Water
- 2 Tbsp of Dry Coconut Flakes
- 1 Cardamom
- 2 Tsp of Ghee
- Few Cashews

Method

- In a pressure cooker, dry roast the moong dal until you get a nice aroma.
- Add 1 cup of water, cook it for 3 whistles. After done, mash it with a masher.
- In a heavy bottomed vessel, add ghee, fry cashews and coconut flakes, keep this aside. To the same pan, add enough water, let it come to rolling boil, add powdered jaggery to it, after it get dissolved, add mashed moong dal, mix well. Cook it for 2 mins.
- Add 1/4 cup of milk and cardamom to it. Cook it for another 2 -3 mins in a medium flame. After you get a thick consistency. Add fried cashews and coconut flakes to the hot payasam. Serve warm or refrigerate until chilled.
- Try this payasam and enjoy.

Tips

- You can cook fully in milk instead of adding water.
- You can make payasam really rich by adding coconut milk.
- Add ghee, fried coconut pieces in payasam for kerala touch.
- Add fried raisins or any nuts of your choice.
- If you are a sweet lover, increase the quantity of jaggery.

Health Benefits of Yellow moong dal

- They 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.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.

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Moong Dal Payasam

