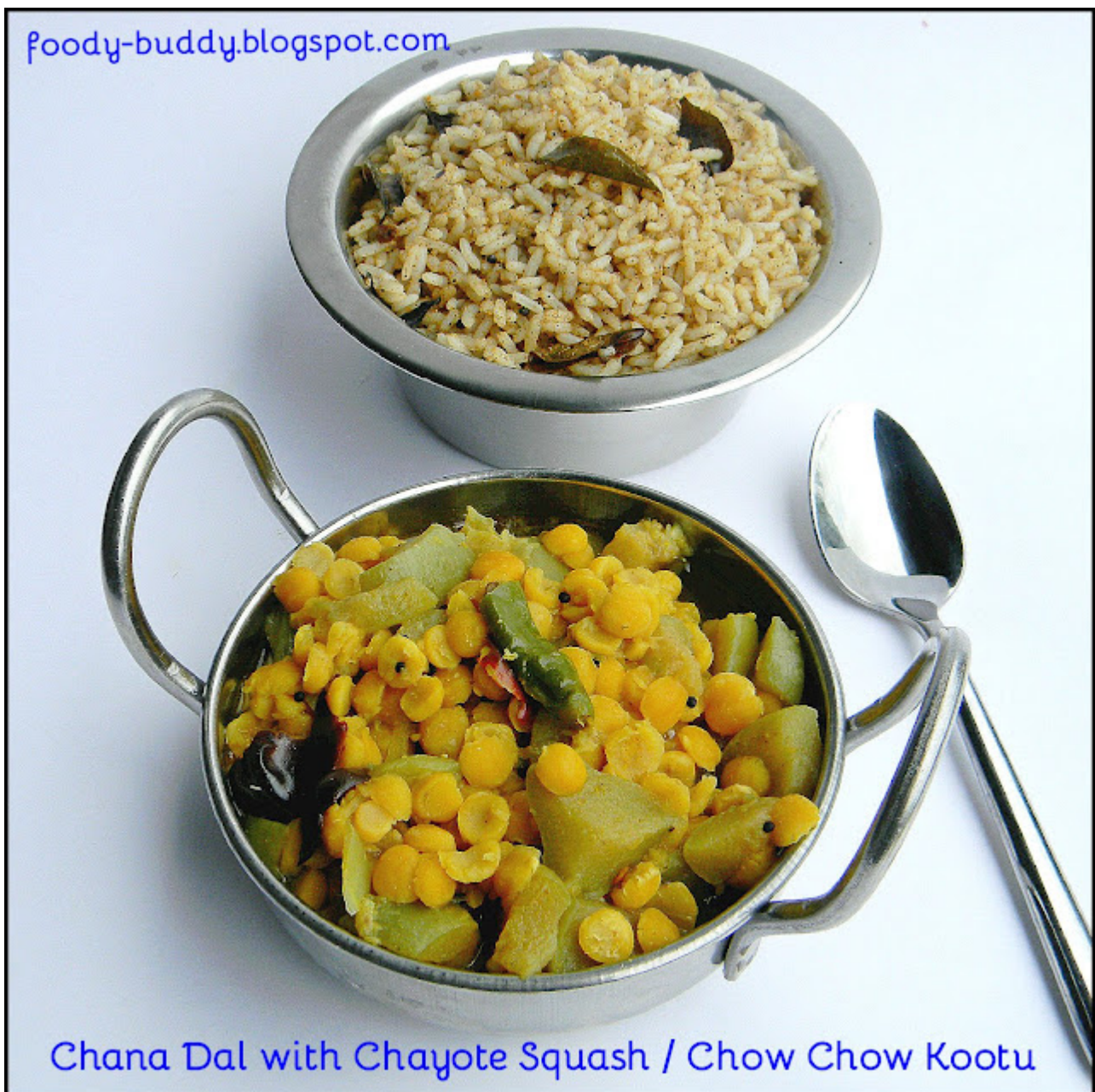


Chow Chow Kadalai Paruppu Kootu / Chana Dal with Chayote Squash / No coconut added



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Yellow split chick peas/ chana dal/ Kadalai paruppu

have a sweet nutty flavor and hold their shape well. I used chayote squash/ chow chow for this dal . Chayote squash/ chow chow enhances the flavor and texture of the dal. To make this, soak the chana dal for 2-3 hrs in cold water with salt before cooking. Then follows the pressure cooking method of dal, vegetable and spices. Substitute any squash like bottle gourd, snake gourd, ash gourd if chow chow are not available.

Ingredients

**1/2 Cup of Yellow split chick peas/ chana dal/
Kadalai paruppu**
1 Chayote squash / Chow Chow, Diced
2 Tsp of Oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
1 Red Chilly
Pinch of Asafoetida
1 Sprig of Curry Leaves
3 Garlic Cloves, Finely Chopped
1 Tsp of Fresh Ginger, Minced
2 Green Chillies
1/2 Tsp of Turmeric Powder
1/2 Tsp of Cumin Powder
1 Tsp of Coriander Powder
1/4 Tsp of Garam Masala
Salt and water as needed

Chana Dal with Chayote squash



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Method

- Soak the Yellow split chick peas/ chana dal/ Kadalai paruppu for 2- 3 hrs in cold water along with salt. After that, wash it in cold tap water and keep this aside.
- Heat the oil in a pressure cooker over the medium – high heat. When it is hot, add the red chilly(break it), mustard seeds, urad dal, curry leaves and a pinch of asafoetida and fry until they pop and become fragrant, about 5 secs.
- Add garlic, ginger and green chilly, fry for few secs.
- Add coriander powder, turmeric powder, cumin powder and garam masala and cook, fry it for a min.
- Add chana dal and chow chow / chayote squash, fry it for

a min.

- Add 2.5 Cups of water, salt and mix well. Close the pressure cooker, cook it for 2 whistles and then simmer it for 10 mins. Turn off the flame.
- Transfer the dal to a serving dish and serve hot with white rice or variety rice or any roti.



Tips

- If you want coconut, add 2 tbsp of grated coconut to it.
- You may also add red chilly powder/ cayenne pepper instead of green chilly.
- Soaking is most important, so soak it for 2 hrs. If you forget to do that, soak it in hot water for 1 hr before cooking.

- **Adding garam masala is optional.**

Health Benefits of Chow chow / Chayote squash

- **Lowers blood pressure.**
- **Dissolves kidney stones**
- **High in fiber.**
- **Low in calories**
- **Good source of vitamin B complex and folate.**



Chana Dal with Chayote Squash / Chow Chow Kadalai Paruppu Kootu

Rajma Capsicum Curry



Kidney beans is also called Rajma, is a well known pulse that is extensively used all over the world in the preparation of variety of dishes, particularly in dishes like rice, curries, salad or toppings. Kidney beans are rich in iron, protein, fiber and other minerals. Consumption of this beans gives you a healthy heart.

Coming to Rajma Capsicum Curry recipe, this dish is made from kidney beans(Rajma). You can use dried rajma or canned variety to make this curry. If you prefer to cook with the dried variety, soak the beans in water for at least eight hours, boil in a pressure cooker or crock pot, until they turn very soft. This Rajma Capsicum Curry is easy to make with the simple ingredients, delicious in taste with hot [chapathi](#) or

phulka or naan. Try this Rajma Capsicum Curry recipe and let me know your feedback.

- Preparation Time : 30 Mins
- Cooking Time – 20 mins
- Serves -2

Ingredients – Rajma Capsicum Curry

- 1.5 Cups of Cooked Rajma/ Kidney Beans
- 1 Small Green Bell Pepper (Capsicum)
- 1 Medium Onion, Finley Chopped (About 1/2 Cup)
- 2 Medium Garlic Cloves, Minced
- 1 Tsp of Fresh Ginger, Minced
- 1/2 Tsp of Turmeric Powder
- 2 Medium Size Tomatoes, Finely Chopped
- 1.5 Tsp of Red Chilly Powder / Cayenne Pepper
- 1/2 Tsp of Garam Masala
- Salt to taste
- 1/4 Cup of Cilantro (Coriander Leaves), Finely Chopped
- 1/2 Tsp of Cumin (Jeera)
- 2 Tsp of Vegetable Oil

Method – Rajma Capsicum Curry

- Heat the oil in a skillet or a pan over medium heat.
- When the oil is hot, add the cumin seeds and fry until the lightly browned and fragrant, about 5 seconds.
- Stir in the onion, garlic, ginger and turmeric powder and cook, stirring occasionally, until the onion is soft, about 5 mins.
- Add the tomatoes, bell pepper, garam masala, red chilly powder and salt, cook until the tomatoes and bell peppers are soft, about 5 mins.

- Add the Kidney beans(Rajma) and 1 cup of water and bring the mixture to a boil. Reduce the heat to medium low, cover the pan and cook, stirring from time to time, until the mixture thickens and a sauce forms, about 10 mins.
- Add more water if prefer a thinner sauce. Transfer the beans to a serving dish, sprinkle with chopped cilantro and onion, and serve hot with [chapathi](#) or naan or phulka.



Tips

- You can add green chilly for more spicy taste.
- You can use dried kidney beans or canned beans to make this curry.
- Use butter or ghee to get a rich taste of curry.
- You can also add dried methi leaves for a different twist to the dish.

Health Benefits of Rajma(Red Kidney beans)

- Kidney beans are high in Iron and protein, it has eight essential amino acids in it.
- The darker the color of the beans has higher, the antioxidant content.
- Maintains the blood sugar.
- Good for brain.
- Improves bowel Movements
- High in magnesium and fiber helps in lowers the blood cholesterol levels.



Cauliflower Capsicum Curry / Gobi Shimla Mirch Ki Subzi



Cauliflower Capsicum Curry

This curry is the combination of cauliflower and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This curry is so flavorful and simple to make. Good accompaniment for this curry are [chapathi](#) or [jeera rice](#) or [dosa](#).

Ingredients

To Boil

1 Small Cauliflower, about 2 Cups

To Saute and Grind

2 Tsp of Oil

1/4 Tsp of Cumin/ Jeera
1/2 Tsp of Mustard Seeds
1 Medium Size Onion, Finely Chopped
1 Tsp of Ginger Garlic Paste
1 and 1/2 Large Tomatoes
1/2 Large Green Bell Pepper/Capsicum
1 Clove
1 Cinnamon
1 Small Cardamom
1/2 Tsp(30) Whole Pepper Corns
1/8 Tsp of Turmeric Powder
1/4 Tsp of Red Chilly Powder
Salt to Taste

To Temper

2 Tsp of Butter
1/4 Tsp of Cumin / Jeera
1 Medium Size Onion, Finely Chopped
1/2 Large Green Bell Pepper/ Capsicum

Method

- **Wash bell pepper and cauliflower florets in hot tap water. keep this aside.**
- **In a pan, boil the cauliflower florets in water along with salt for 7-10 mins. Keep this aside.**

Sauteing and grinding

- **Heat oil in a pan, add mustard, cumin, after it splutter, add onion and salt, fry till it turns golden brown color.**
- **Add ginger-garlic paste, fry until raw smell vanishes.**
- **Add chopped tomato and green bell pepper/capsicum, fry**

until it turns soft.

- Add clove, cinnamon, pepper corns, cardamom, turmeric powder and red chilly powder. Fry for 1-2 mins. Turn off the flame. Let it cool for 5 mins. Grind this in a blender to a smooth paste by adding little water.

Tempering

- Heat butter in a pan, add cumin, after it crackles, add onion, capsicum/bell pepper, cauliflower florets and little salt, fry for 2-3 mins .
- Add ground paste, mix well with all the veggies. Add enough water, bring it to a boil, simmer it for 5 mins. Check the salt and turn off the flame.
- Serve with hot [chapathi](#) or [jeera rice](#) or [dosa](#).



Tips

- You can enrich the taste, by adding some cashews.
- Increase or decrease the amount of red chilly powder according to your taste buds.
- You can follow the same recipe, by adding potato and peas instead of cauliflower and capsicum.

Health Benefits of Bell Pepper and Cauliflower

Bell Pepper / Capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Bell pepper are rich in dietary fiber.
- They are rich in antioxidants.

Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.



Cauliflower Capsicum Curry