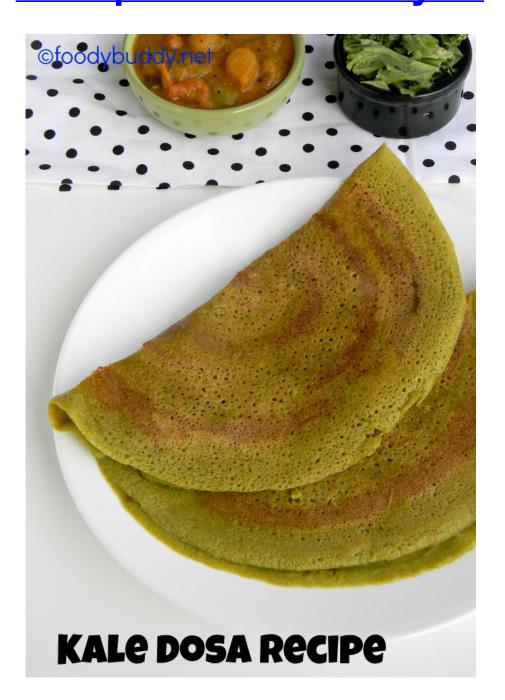# [Kale Dosa Recipe / Kale Recipe Indian Style](#)

Kale Dosa recipe is a nice crispy Indian pancake. This is simple to make, nutritious dosa. Kale is called as Queen of greens, is loaded with powerful antioxidants, minerals, rich source of vitamin A, C and K, lowers cholesterol and good for heart. When I first tasted this green, I didnt like it but my husband insisted me to eat this green as it is a nutritional powerhouse. After trying for 2-3 times, I started to like it

so every weekend when I go for grocery shopping, I will grab a big bunch of kale leaves. Recent days, I am trying lot of recipes with kale leaves. One of my favourite is kale dosa recipe, I really like the unique taste and its lovely green colour. Also check my [kale guacamole salad recipe](#) which was published last year in **[St.Louis Post dispatch newspaper (US)](#)**. If you get kale leaves in your place, try this kale dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Try the same recipe with other greens like spinach instead of kale. Serve this dosa with [coconut chutney](#) or any chutney of your choice. I had it with [sambar](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
- [Adai](#)
- [Spongy Aval (poha) dosa](#)
- [Onion Rava Dosa (hotel Style)](#)
- [Quinoa Dosa](#)
- [oats dosa](#) (Instant)
- [Oats Aval Dosa](#)
- [Bajra Dosa](#)
- [Leftover Magic Dosa](#)
- [Masala Wheat Dosa](#)
- [Pesarattu / Green Moong Dosa](#)

Kale Dosa Recipe

Kale Dosa Recipe

KALE DOSA RECIPE

Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Kale dosa recipe / Kale Indian recipe is a crispy and delicious dosa made with kale leaves. It tastes great with aany chutney of your choice.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 8
Ingredients

- 2.5 Cups of Dosa Batter
- 2 Cups of Kale
- 1 Tsp of Cumin
- 2 Red Chilly
- ¼ Tsp of Ground Pepper
- Salt to taste

Instructions

1. In a blender, add all the ingredients except dosa batter and grind it along with water. Pour this into the dosa batter. The batter should not be watery or thick.

2. Heat a dosa pan or griddle, pour a laddleful of dosa batter and spread it like dosa in circular motion. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
3. Kale dosa is ready to serve.

Notes
Serve this dosa with Tomato chutney or Onion chutney or Green Chutney.
You can add grated carrots to the batter if you wish.
You can avoid red chilies and add green chillies, if you want more spicy side. You can also make dosa without chilly.

Tags: [kale dosa](#) , [kale dosa recipe](#), [kale Indian recipe](#), [how to make kale dosa at home](#), [prepare kale dosa,](#) [kale recipe ideas](#), [healthy breakfast.](#)

[Vendhaya Kali Recipe / Fenugreek Kali](#)

Vendhaya Kali

Fenugreek or vendhayam in tamil is a wonderful herb helps to cure all female health problems and diabetes. Vendhaya Kali Recipe / Fenugreek Kali is a healthy and traditional south

Indian breakfast recipe. My mom makes this for me once in a month as they are more nutritious and it cools the body. This vendhaya kali is very good for women of all ages. To make vendhaya kali, you need fenugreek, rice, palm jaggery and oil. I love all kinds of kali recipes as they are very tasty and good for health. I already posted [ulundhu kali / urad dal kali](). Try this vendhaya kali / menthula sankati at home for breakfast. Eat healthy and stay good.

Also check my other fenugreek recipes

1. [Vendhaya idly]()
2. [Vendhayam Kuzhambu]()

Ingredients for Vendhaya Kali Recipe

Preparation Time : 10 mins + overnight Cooking Time : 20 mins Serves : 3

- 1 Cup of Fenugreek (Vendhayam)
- 1/4 Cup of Rice (Boiled or Raw)
- 1/2 Cup of Karupatti (Palm Jaggery) or to taste
- 1/4 Cup of Gingelly Oil
- Water as needed
- Salt to taste

Method for Vendhaya Kali Recipe

- Soak both the fenugreek and rice together in a bowl for 6 hrs or overnight.
- Heat a pan, add palm jaggery and 1/2 cup of water, bring it to boil until it dissolves completely. Turn off the stove and filter it to remove impurities.
- In a mixie, add soaked fenugreek, rice and water, grind it to a smooth paste. Keep it aside.
- Heat the same pan, add ground rice – fenugreek mixture and palm jaggery syrup, stir well in a medium flame, add salt and keep on stirring until it turns thick and soft.
- Add oil and keep on stirring so that it should not stick to the bottom of the pan.
- To check if it is done, transfer a spoonful of kali to a plate, dip your hands in water and touch the kali, it should not stick to your hand. If it sticks, it is not done.
- Serve hot and enjoy.

Tips

- Use thick bottomed pan and wooden laddle while making kali.
- Use gingelly oil for nice taste. You can also use ghee if you want.
- Replace palm jaggery with regular jaggery.
- You can also serve kali by pouring palm jaggery syrup on top. To do that, do not mix jaggery syrup with ground rice fenugreek mixture while stirring. Do it separately, then pour syrup while serving.

Vendhaya Kali

Tags: kali recipe, fenugreek kali, vendhaya kali, vendhaya kali recipe, traditional south indian food, Indian healthy breakfast. menthulu sankati, to make vendhaya kali recipe,

prepare vendhaya kali.