

Turnip Greens Kootu Recipe Indian Style



Turnip Greens Kootu

Turnip Greens kootu recipe Indian style is a simple and traditional south Indian dal made from turnip greens and moong dal. Turnip greens are green leafy tops of turnip plant. They are highly nutritious and offers a variety of health benefits like it prevents cancer, diabetes, good for heart, bones and eyes. They are excellent source of antioxidants, vitamin A, K, B6, C and folic acid, minerals like copper, calcium, iron.

On my regular visit to schnucks store in St.Louis, I picked

this turnip greens, they were so fresh and vibrant. They are slightly bitter in taste, after cooking with dal, you cannot taste the bitterness. You can make lot of recipes with turnip greens, I usually make stir fry with potatoes or south Indian sambar or salad. I already posted [keerai kootu recipe](#). This kootu recipe suits any greens you have in hand, right from spinach – kale. Lets move on to the recipe.

Turnip Greens Kootu Recipe Indian Style

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Turnip Greens Kootu

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Prep time

30 mins

Cook time

20 mins

Total time

50 mins

Turnip greens are just sauteed with onions, garlic and tempered with with mustard, red chilly and curry leaves. Goes well with hot steamed white rice.

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Recipe type: kootu recipe – side dish

Cuisine: Indian

Serves: 2

Ingredients

- 1 Small Bunch of Turnip Greens (Fresh)
- $\frac{1}{2}$ Cup of Moong Dal
- 1 Onion, Chopped
- 2 Garlic Cloves, chopped
- 2 Tbsp of Grated Coconut (fresh)
- 1.5 Tsp of Cumin Powder (roasted)
- $\frac{1}{2}$ Tsp of Black Pepper Powder
- $\frac{1}{4}$ Tsp of Turmeric Powder
- Pinch of Asafoetida
- Salt to taste
- 1 Tsp of Ghee
- To Temper
- 2 Tsp of Coconut Oil
- 1 Tsp of Mustard Seeds
- $\frac{1}{2}$ Tsp of Urad Dal
- 2 Red Chilies
- Few Curry Leaves

Instructions

1. Soak the moong dal in water for 30 mins. Drain the water, wash the dal and keep it aside.
2. Wash and roughly chop the greens and dice the stalks.
3. Heat the cooker, add dal, water, turmeric powder and salt. Cook it for 3 whistles.
4. Heat a pan with oil, temper it with mustard seeds, urad dal, red chilly, curry leaves, asafoetida.
5. Add onion and garlic, fry until golden brown.
6. In a low flame, add coconut, fry it for a min.
7. Add cumin powder, pepper powder, fry for few secs.
8. Add greens, saute this till it reduces in size.
9. Add cooked dal, mix well, add water if needed, cook it for few mins and finally add ghee, mix it and remove it from heat.
10. Serve with hot steamed rice.

Notes

You can try same kootu with any dals (toor dal / bengal gram) or any greens (spinach/radish/kale).

Adjust number of red chilies according to your taste.

You can also add 1 green chilly, if you like.

Use any oil for tempering. I love coconut oil for kootu so I used it.



tags: [turnip greens kootu recipe](#), [turnip keerai kootu](#), [kottu recipe south indian](#)

Araikeerai Kadaiyal / Keerai Kadaiyal Recipe



This is easy, yummy and nutritious south Indian style araikeerai recipe. I love araikeerai kadaiyal a lot. (Araikkeerai means Amaranthus, Indian spinach, Kadaiyal means puree). Though I prepared this kadaiyal with araikeerai, you can also prepare this kadaiyal with mullaikeerai or seerukeerai or palak keerai (spinach) or paruppu keerai. When I was young, my mom used to give keerai sadham for lunch box by mixing this keerai kadaiyal with rice and ghee. [Potato fry](#) or [colocasia fry](#) goes well with this keerai rice. This is my mom's version of keerai masiyal. I don't get araikeerai in my place (US) so when I was in India few months back, I made this keerai kadaiyal recipe at home and took photo using my mobile

for my blog. So try this south Indian style araikeerai kadaiyal for lunch with hot steamed rice and ghee.

Health Benefits of Araikeerai (Amaranthus tritris)

- Good source of dietary fiber, which helps in enhancing digestion.
- Oils in amaranth helps to treat hypertension and cardiovascular problems.
- Boosts immune system.
- Good for diabetes, hair and skin problems

Also check other keerai recipe

- [Creamy spinach / Pasalakeerai masiyal](#)
- [Dal Palak / Spinach Dal](#)
- [Keerai Kootu](#)
- [Thandukeerai poriyal](#)
- [Vallarai Keerai Chutney](#)
- [Pulichakeerai Chutney \(gongura\)](#)
- [Murungakeerai soup \(drumstick leaves soup\)](#)

How to make araikeerai kadaiyal recipe

Ingredients for Araikeerai Kadaiyal

Preparation Time : 10 mins Cooking Time : 10 mins Serves: 3

- 3 Cups of Araikeerai
 - 1 Tomato
 - 2 Green Chillies
- 10 Small Onions (Shallots)
 - 7 Garlic Cloves
 - Pinch of Tamarind
 - Salt to taste

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1 Red Chilly
- Pinch of Hing (Asafoetida)

Method for Araikeerai Kadaiyal

- Clean the greens in tap water for 3 times. Chop it finely.
 - Heat a pan with 1 cup of water, add onion, garlic, greenchilly, tomato, pinch of tamarind and araikeerai, allow it to boil for 7-10 mins until the leaves has wilted and cooked. Cool it for sometime.
- Transfer the mixture to a blender, add salt to it and grind well to a puree consistency and transfer it to a bowl.
 - Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly and asafoetida, after it splutters, transfer this to bowl and mix well.
 - Hot, tasty keerai kadaiyal is ready to serve with hot steamed rice and ghee.

Tips

- You can do the same kadaiyal with other greens like mullaikeerai or seerukeerai or pasalakeerai.
- Don't buy yellowish or wilted greens for cooking.
 - Use big onion instead of shallots.
- Add a pinch of sugar while cooking to retain green colour..This is optional.

Keerai Kadaiyal



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Tags: [araikeerai kadaiyal](#), [araikeerai kadaiyal recipe](#), [keerai kadaiyal recipe](#), [seerukeerai kadaiyal](#), [mulaikeerai kadaiyal](#), [mashed Indian spinach](#), [amaranthus recipe](#), [araikeerai recipe](#), [araikeerai masiyal](#), [keerai masiyal.](#), [keerai recipe](#)