

Yellow Squash Kootu – Dal Recipes



Kootu is a South Indian Dish which is simple to make and has good aromatic flavor in it. This dish is a combination of vegetables and lentils which is semi-solid in consistency. I made this dish with yellow squash which is easily available and highly nutritious. This kootu can be served with rice and potato fry.

Ingredients

Pressure Cook

- 1 Cup of Yellow Squash**
- 1/4 Cup of Yellow Moong Dal**
- 1/4 Cup of Toor Dal**
- 1/2 Tsp of Turmeric**

Pinch of Asafoetida
1 Tsp of Oil
Salt to taste

To Grind

1/4 Cup of Coconut
1 Tsp of Cumin
1/2 Cup of Chopped onion (big or small)
2 Small Green Chillies
1/2 Tsp of Pepper Powder

To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Red Chilly
Pinch of Asafoetida

Method



INGREDIENTS

- Wash and soak dal for 1/2-1 hour.
- Wash and cut the yellow squash into big cubes.
- Take a blender or mixie, add “to grind” ingredients and grind it to a smooth paste. Keep it aside.
- Take a pressure cooker and add “pressure cook” ingredients with sufficient water and wait for 4-5 whistles. Then switch off the stove.
- Heat a pan with oil, add “To Temper” ingredients, wait till mustard crackles then add the rest of the ingredients and saute till it turned brown.
- In a medium flame, add ground paste, saute well. Finally add the dal and mix well. Let it boil for 5mins, check the salt and then switch off the stove.

Tips

- Serve with rice and potato fry
- Add red chilly powder instead of green chillies.
- You can follow the same recipe for chayote squash or bottle gourd or snake gourd.



Health Benefits of Yellow Squash

- Rich in vitamin A and C
- Abundant in antioxidants.
- High concentration of beta-carotene and lutein.

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CWS- Dals



1st March - 31st March
