

Ragi Semiya Upma / Ragi Vermicilli (Finger Millet)/ How to make Ragi Semiyaa – Breakfast Recipe



Finger Millet, also known as Ragi, is cultivated in drier parts of the world – mainly in Asia and Africa. Ragi has a distinct taste and is widely used in Southern Indian and Ethiopian dishes. Ragi is a rich source of Calcium, Iron, Protein, Fiber and other minerals. The cereal has low fat content and contains mainly unsaturated fat. It is easy to digest and does not contain gluten; people who are sensitive to gluten can easily consume Fnger Millet. Ragi is considered one of the most nutritious cereals. Try this healthy and

nutritious breakfast dish and share your comments.

Ingredients

2 Cups of Ragi Semiya

To Temper

3 Tsp of Oil

1/2 Tsp of Mustard

1/2 Tsp of Urad Dal

2 Tsp of Chenna Dal

Few Curry Leaves

1 Medium Size Onion, Finely Chopped

1 or 2 Green Chillies, Finely Chopped

Pinch of Asafoetida

1 Tbsp of Dry Coconut Flakes

Salt as needed

Method



- **Soak ragi semiya in enough water for 3 mins. Drain the water and take out the semiya and put it in the greased idly plate and steam cook for 5- 7 mins.**



- Remove from idly plates and allow it cool for 5 mins.
- Heat a pan with oil, add mustard seeds, urad dal, chenna dal and curry leaves, after they sizzle add asafoetida, chopped onion, green chillies, fry 2-3 mins until it turns golden brown color.
- Finely add cooked ragi semiya and salt, saute for 1-2 mins. Finally garnish with coconut flakes.
- Hot ragi semiya is ready to eat.

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Tips

- Serve with coconut chutney.
- You can use red chilly instead of green chilly.
- You can add lemon juice at the end, for a tangy side.
- Add chopped vegetables of your choice.



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Health Benefits of Ragi

- **Ragi contains an amino acid called Tryptophan which lowers appetite and helps in keeping weight in control.**
- **Ragi is rich in Calcium which helps in strengthening bones.**
- **This helps in controlling blood sugar level in condition of diabetes.**
- **Finger Millet contains amino acids Lecithin and Methionine which help in bringing down cholesterol level by eliminating excess fat from Liver.**



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