

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

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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 any 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
- $\frac{1}{4}$ 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 laddelful 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 chillies 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](#).

INSTANT DHOKLA RECIPE / KHAMAN DHOKLA



Instant dhokla recipe / Khaman Dhokla is a great, filling and healthy Gujarati snack as it is steamed. This dhokla recipe is prepared with besan flour, sooji and other spices. The eno salt and citric acid added makes the dhokla soft and spongy in texture. This is the first time I tried in my life, so I referred this [site](#). It came out so good and we enjoyed it for sunday breakfast. You can have it with green chutney on side, it will be tasty. Try it you will love it.

INSTANT DHOKLA RECIPE / KHAMAN DHOKLA

4.0 from 1 reviews

INSTANT DHOKLA RECIPE / KHAMAN DHOKLA



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Prep time

15 mins

Cook time

20 mins

Total time

35 mins

Instant dhokla recipe / Khaman dhokla is a great, filling and healthy Gujarati snack as it is steamed. Have it with green chutney on side, it will be tasty

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Indian

Serves: 2

Ingredients

- 1 cup Besan Flour (Gram flour)
- 1.5 tablespoon Rava (Sooji / semolina)
- A pinch of Asafoetida
- 1 tablespoon Sugar
- Salt to taste

- WET INGREDIENTS
- 1 Tsp of crushed ginger and green chilly.
- 1.5 teaspoon Eno (fruit Salt)
- $\frac{1}{2}$ teaspoon Citric acid
- 2.5 tablespoon Oil
- 1 cup Water
- FOR TEMPERING
- 1 teaspoon Mustard seeds
- Few Curry leaves
- 2 tablespoon Water (optional)
- 3 Small Green Chilies
- 2 Tsp of Cumin
- 2 Tsp of Coriander Leaves, chopped
- 1 tablespoon Oil

Instructions

1. In a bowl, add all the dry ingredients, mix well.
2. To that bowl, add all the wet ingredients, whisk it well. Make sure there are no lumps. Now batter looks frothy.
3. Grease the aluminium pan with some oil, pour the batter into it.
4. Place the cooker, add water to the bottom, lay the stand. Place the aluminium pan above the stand.
5. Cover it with a lid, remove the weight. Steam it for 15-20 mins.
6. Take it out and allow it to cool down for 30 minutes. Insert a knife around the edges to loosen up dhokla. Flip it over onto a plate
7. Heat a pan with oil, add all the temperings after it pops up, add water and coriander leaves. Pour the tempering over the dhokla.
8. Cut your dhokla to your desired shapes and enjoy with chutney of your choice.

Notes

Adding eno and citric acid makes the dhokla soft and fluffy.

No eno in your home, use baking powder. Instead of citric acid, add lemon juice.

The batter should be of pouring consistency.

You can use cooker or large cooking vessel to make dhokla.

To check the doneness, insert the tooth prick and check. If it comes out clean, your dhokla is ready.

Follow the same recipe for microwave dhokla.

After adding eno, dont let the batter to sit for long time.

Steam it quickly. Then It will turn hard.

You can also make dhokla idly by steaming the same batter in idly plate.



Tags: [dhokla](#), [dhokla recipe](#), [how to make dhokla at home](#), [instant dhokla recipe](#), [khaman dhokla](#), [how to make khaman dhokla](#), [prepare soft gujarati dhokla](#), [snack recipe healthy](#), [dhokla recipe with besan flour](#).

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



SAMAI PARUPPU KANJI

SAMAI KANJI RECIPE / Little millet porridge is a delicious,

healthy gruel made with little millet, dal and mild spices. You can make the same kanji with varagu or kuthiravalli or thinai. This millet porridge is a perfect summer coolant, very creamy and mildly spiced, it has a slight taste of [samai pongal](#). I have used buttermilk for creaminess instead you can also use milk. Adding carrot is to enhance the nutrition. If you don't have millets at home, replace it with rice. I love to drink [ragi koozh](#) or kambu koozh for breakfast but for a change I had this samai kanji for yesterday breakfast along with small onion. They are very easy to digest, very filling and cholesterol free. Perfect kanji recipe for diet and diabetic people.

MILLET RECIPES IN FOODYBUDDY

1. [How to cook varagu rice.](#)
2. [Samai bisibelabath](#)
3. [Samai Idly](#)
4. [Samai Pongal](#)
5. [Cholam Dosai \(jowar dosa\)](#)
6. [Kambu \(bajra\) roti](#)
7. [Kambu Dosai](#)
8. [Quinoa Dosai](#)
9. [Quinoa Biryani](#)
10. [Quinoa Pesarattu](#)
11. [Quinoa kuzhi paniyaram](#)
12. [Ragi Koozh \(porridge\)](#)
13. [Ragi Sevai](#)
14. [Ragi almond laddoo](#)

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE

5.0 from 1 reviews

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



SAMAI PARUPPU KANJI

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Prep time

15 mins

Cook time

10 mins

Total time

25 mins

samai kanji recipe / little millet porridge is a perfect summer coolant, healthy, gluten free and cholesterol free. Are you bored with cereals for breakfast, have this millet kanji. You can feel energetic and active.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- 2 Tbsp of Saamai (little millet)
- 2 Tbsp of Moong dal (yellow)
- 1.5 Cups of Water
- 1 Carrot, chopped
- Pinch of Asafoetida
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper (coarsely ground)
- 4 Garlic Cloves, Chopped
- Few Curry Leaves

- Salt to taste
- 1 Tsp of Oil
- 1.5 Cups of Buttermilk

Instructions

1. Soak both the little millet and moong dal in water for 15 mins. Drain the water, wash it and keep it aside.
2. Chop the garlic and carrots. Coarsely ground the pepper in mortar and pestle.
3. Heat a cooker with oil, when it is hot, add cumin, asafoetida, black pepper and curry leaves, after it pops up.
4. Add garlic cloves, carrot fry it for few mins.
5. Add saamai, moong dal, water and salt. Cook it for 3 whistles. Open it, after pressure releases.
6. Cool it for 15 mins, before adding buttermilk.
7. Saamai kanji is ready to drink with small onion or have it plain.

Notes

You can make the same kanji with any kinds of millets.

Add any vegetables of your choice.

If you love masala flavor, temper it with clove, cinnamon.

To enjoy plain kanji, avoid moong dal.

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SAMAI KANJI