

ONION TOMATO CHUTNEY | VENGAYAM THAKKALI CHUTNEY



Onion tomato chutney is very easy to make. In this recipe, onion, tomato, red chillies and garlic are saute well with oil and finally tempering with oil, mustard and urad dal. This chutney has got sweet, tangy and spicy taste because of roasted onions, tomato and red chillies. It goes well with [idly](#) or [dosa](#) or [paniyaram](#) or even use it as spread in sandwich.

Ingredients

To Saute

1 Large Red Onion

**1 Large Tomato
3 Small Garlic Cloves
2 Red Chillies
2 Tsp of Oil
Salt to taste**

To Temper

**2 Tsp of Gingelly oil
1/2 Tsp of Mustard
1/2 Tsp of Urad Dal
Pinch of Asafoetida
Few Curry Leaves**

Method

Wash and roughly chop the onion and tomato.

Sauteing

- **Heat oil in a pan, add red chillies, saute for 1-2 mins until it turns dark black.**
- **Add garlic cloves, saute for a min (Don't burn it)**
- **Add onion, saute for 1-2 mins until it turns golden brown color.**
- **Add tomato, saute for 1-2 mins by adding salt. Once it done, switch off the stove. Let the mixture cool down for 5 mins.**
- **In a blender, add onion-tomato mixture, blend until it turns to smooth paste.**
- **Transfer it to a bowl.**

Tempering

- **Heat a pan with oil, add mustard and urad dal, after it splutters, add asafoetida and curry leaves, switch off the stove.**
- **Transfer this tempering items to a bowl containing chutney (onion-tomato puree)**

- **Onion tomato chutney is ready to serve.**



Tips

- **Serve this spicy and tangy chutney for [idly](#) or [dosa](#) or [paniyaram](#)**
- **You can add green chilly for extra spicy taste.**
- **You can add coconut to this recipe.**

Health Benefits of onion and tomato

- Onion are good source of vitamin C, B6, biotin, folic acid and dietary fiber.
- It contains large amount of sulfur, are especially good for liver.
- Good source of quercetin, a potent antioxidant.
- Tomatoes are a good source of vitamin A, C and antioxidant.
- Tomato juice are very good for eyes, hair and skin.



[Fenugreek Flavored Lentil](#)

Curry – Dal Recipes



This traditional Indian dish is often served over rice or roti. This recipe is the combination of fenugreek leaves, toor dal and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.

Ingredients

1 Small Bunch of Fenugreek Leaves, Chopped

To Pressure Cook

1/4 Cup of Toor Dal

1/4 Cup of Bengal gram Dal

1 Medium Size Tomato, Finely Chopped

1 Green Chilly, Finely Chopped
1/2 Tsp of Turmeric Powder
1 Tsp of Oil
1/2 Tsp of Salt
2 Cups of Water

To Temper

3 Tsp of Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad dal
1/2 Tsp of Cumin
1 Red Chilly
Pinch of Asafoetida
Curry Leaves
2 Garlic Cloves, Finely Chopped

Method

- **Soak both the dals in enough water for 1/2 hr. Drain the water and wash the dals in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, bengal gram dal, turmeric powder, oil, salt, chopped tomato, green chilly and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and cumin. After they sizzles, add a pinch of asafoetida, curry leaves and chopped garlic, fry for 1-2 mins.**
- **Add chopped fenugreek, saute for 1 min.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check the salt and switch off the stove.**
- **Hot Fenugreek flavored lentil curry is ready.**



Tips

- **Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)**
- **You can follow the same recipe with spinach or any greens.**
- **You can enrich the taste by adding 1tsp of ghee.**
- **You can also add lemon juice while serving.**

Health Benefits of Dal and Greens

- **Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol**
- **A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.**
- **Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.**



[Apple Milkshake Recipe- How to make Apple Milkshake](#)



An "Apple" was in fact the very first word when I was a kid learning my Alphabets.

Apple is one of the popular fruits containing an impressive list of Phyto nutrients, antioxidants and essential nutrients for a good health.

" An Apple a day keeps the doctor away " This smooth and delicious beverage, one should take every day as it boost the immune system. You can make this milkshake with any kind of apple like Granny Smith apple or Fuji or golden delicious or gala apple. Try this easy and tasty milk shake and share your comments.

Ingredients

- 1 Organic Fuji Apple, Chopped**
- 1 Cup of Cold Milk (Full Fat)**
- 1 Tbsp of Sugar**
- 4-5 Ice Cubes**

Method

- Cut the apple into small pieces.
- Blend the milk, apple, sugar and ice cubes in a blender to a smooth puree.
- Now pour the shake into the glass and serve it chilled.



Tips

- Don't peel the apple skin, as they are rich in vitamins, fiber and antioxidants.
- Adjust sweetness according to your taste.
- You can add a pinch of cinnamon powder, as it controls sugar level.
- You can also add vanilla ice cream or nuts (Almond, cashews), for a richer taste.

Health Benefits of Apple

- Eating apple reduces cardiovascular disease, cancers and cholesterol

- **Boosts the immune system.**
- **Aids in dental health and weight loss.**
- **Detoxify your liver.**

