

Capsicum Corn Rice / Corn Bellpepper Rice- LunCh Box Recipes



This rice is the combination of corn and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This flavorful rice is a one pot meal , great to pack for lunch box. Good accompanient for this rice is raita or appalam or potato chips.

Ingredients

2/3 Cup of Cooked Rice
2 Green Capsicum or Bell Pepper
1/2 Cup of Corn, Frozen
1 Large Onion, Finely chopped
2 Medium Size Tomatoes, Finely chopped
1 Green Chilly , Finely chopped
1 Tsp of Ginger – Garlic Paste
1/2 Tsp of Turmeric Powder
2 Tsp of Sambhar Powder
1 Tsp of Garam Masala Powder
2 Tbsp of Chopped Cilantro / Coriander Leaves
Salt as needed

To Temper

2-3 Tsp of Oil / Ghee
1 Tsp of Mustard
1 Tsp of Urad Dal
Few Sprig of Curry leaves

Method

- **Wash and soak rice in water for 30 mins. Drain the water completely. In a pressure cooker, cook the rice by adding 2 Cups of water for 3 whistles. Once it done, switch off the stove.**
- **Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after they sizzle, add chopped onion, green chilly and salt, fry for 2 mins until it turns golden brown.**
- **Add ginger garlic paste, saute this for a min until raw smell vanishes.**
- **In a medium flame, add turmeric powder, sambhar powder and garam masala, saute this for another 1 min.**
- **Add chopped tomatoes, saute well with masala until oil separates.**
- **Add chopped green capsicum and frozen corn, saute well**

with the masala, just sprinkle little water and cover the pan and cook it for 2-3 mins. Don't overcook the vegetables as it loses the nutrients.

- Check the salt and switch off the stove.
- Gently mix the veggie and the boiled rice. You can add some little butter or ghee at this stage, gives a nice flavor.
- Finally garnish it with chopped cilantro.
- Hot capsicum corn rice is ready.



Tips

- Serve hot with raita or potato chips.
- You can use red or yellow capsicum instead of green.
- You can use garlic cloves instead of ginger garlic paste.
- Adjust spicy taste according to your taste buds.

Health Benefits of corn and capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Both are rich in dietary fiber.
- Bell peppers and corn are loaded with antioxidants.
- Corn rich in folic acid.
- Corn controls diabetes. reduces hemorrhoids and colorectal cancer

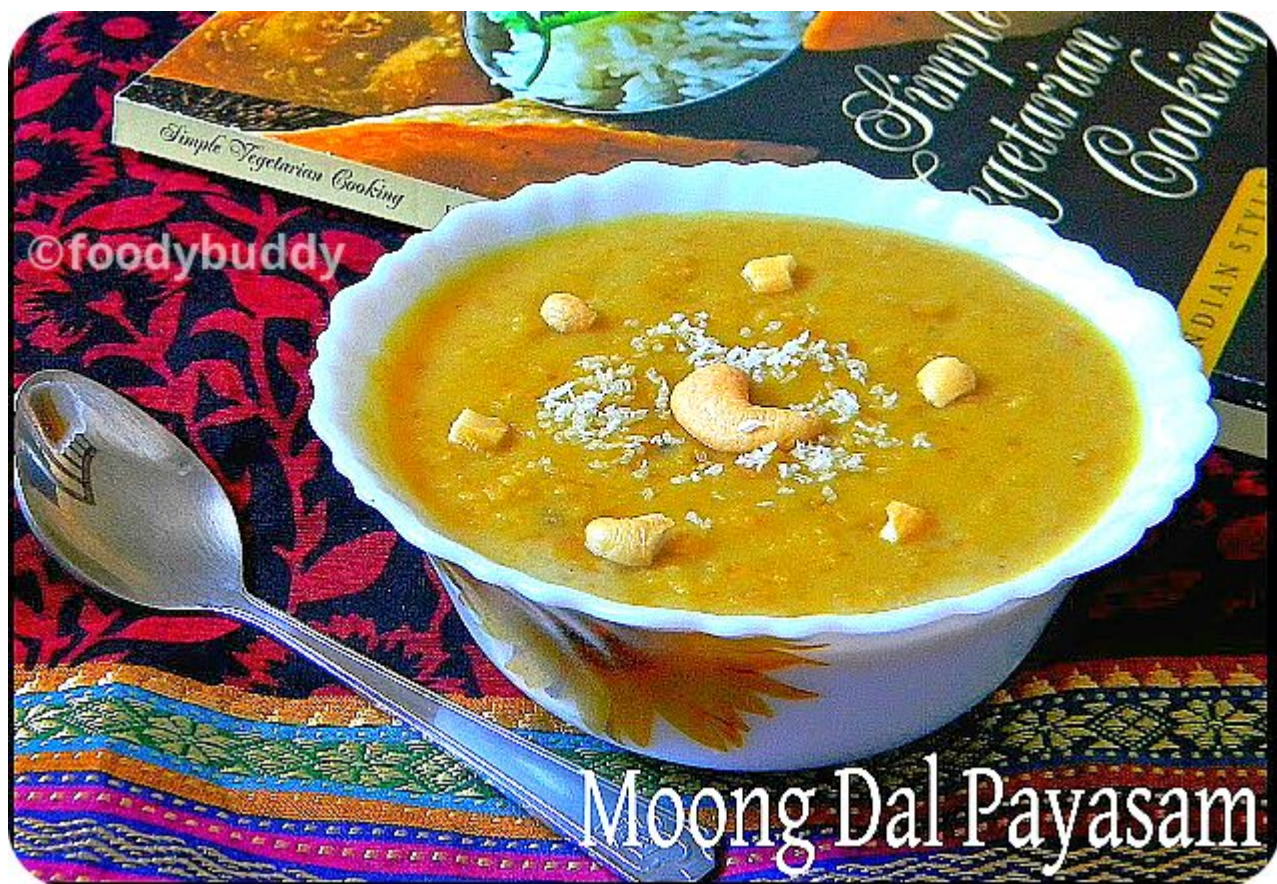
sending this recipe to [spring blog hop](#)



[Pasi Paruppu Payasam / Moong Dal Kheer](#)

Pasi paruppu Payasam / Moong Dal Kheer is a lentil based Indian festival sweet recipe which is prepared with

moong dal, jaggery and milk. This pasi paruppu payasam is very easy to make, protein rich and flavourful sweet prepared on important festival occasions like varalakshmi poojai. You can make this moong dal kheer either in a stove top or pressure cooker, but cooker is the easiest way to make this payasam. To make this payasam recipe, moong dal cooked in cooker, mashed, combined with jaggery syrup and finally flavored with ghee roasted cashews and cardamom. Serve this moong dal kheer either warm or cool. I love to drink cool kheer.



Ingredients

- 1/4 Cup (heaping) Yellow Moong Dal
- 1/4 Cup + 2 Tbsp of Jaggery
- 3/4 Cup of Milk
- 1/2 Cup of Water
- 2 Tbsp of Dry Coconut Flakes
- 1 Cardamom

- 2 Tsp of Ghee
- Few Cashews

Method

- In a pressure cooker, dry roast the moong dal until you get a nice aroma.
- Add 1 cup of water, cook it for 3 whistles. After done, mash it with a masher.
- In a heavy bottomed vessel, add ghee, fry cashews and coconut flakes, keep this aside. To the same pan, add enough water, let it come to rolling boil, add powdered jaggery to it, after it get dissolved, add mashed moong dal, mix well. Cook it for 2 mins.
- Add 1/4 cup of milk and cardamom to it. Cook it for another 2 -3 mins in a medium flame. After you get a thick consistency. Add fried cashews and coconut flakes to the hot payasam. Serve warm or refrigerate until chilled.
- Try this payasam and enjoy.

Tips

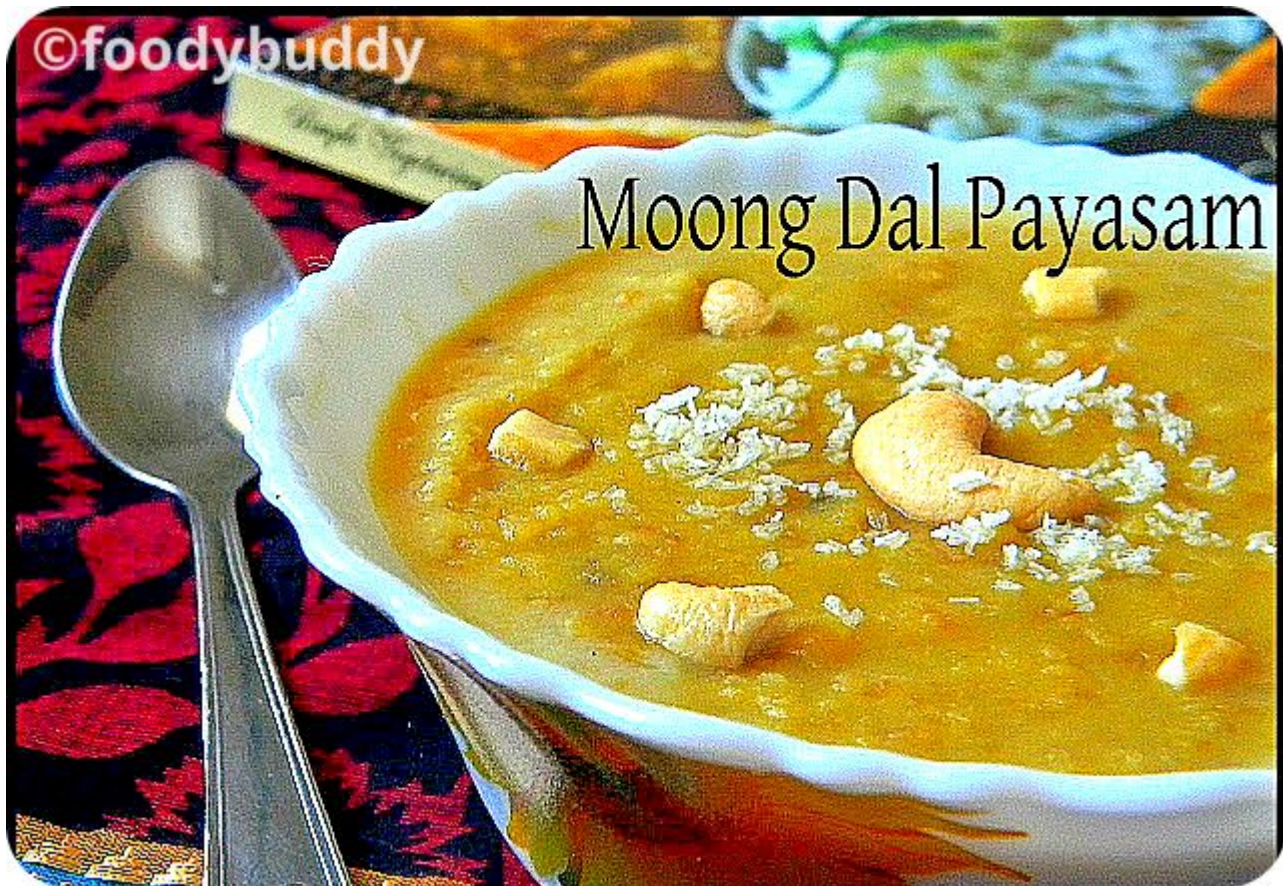
- You can cook fully in milk instead of adding water.
- You can make payasam really rich by adding coconut milk.
- Add ghee, fried coconut pieces in payasam for kerala touch.
- Add fried raisins or any nuts of your choice.
- If you are a sweet lover, increase the quantity of jaggery.

Health Benefits of Yellow moong dal

- They 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.

- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.



[Bajra Dosa / Kambu Dosa / Pearl Millet Dosa – Dosa Recipes](#)



Bajra or Kambu is a pearl millet widely grown in India which is high in nutritional contents. Bajra/Millet are rich in protein, iron and vitamin B. There are two methods to make bajra dosa, one is by soaking whole bajra seeds, rice and urad dal to make bajra dosa batter. Other method is by combining bajra flour and dosa batter flour. I don't get whole bajra seeds in my place. All I get is bajra flour so I have some left over dosa batter at home, so I added bajra flour to make a healthy and nutritional dosa. Here is a recipe and enjoy ☐

Ingredients

1 Cup of Bajra Flour

2 and 1/4 Cups of Dosa Batter
Salt to taste
Oil and water as needed
1 Medium Size Onion, Finely grated

Method

- In a bowl, add bajra flour, dosa batter, grated onion and salt.
- Add water little by little and mix well without forming lumps.
- Batter should not be thick but little thin in consistency.
- Heat a dosa pan or griddle, pour a ladleful of batter and spread it like dosa. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.
- Bajra dosa is ready to serve.



Tips

- **Serve this dosa with tomato chutney or Onion chutney or Green Chutney.**
- **You can add grated carrots and curry leaves to the batter.**
- **You can grind and add green chillies, if you want spicy side.**

Health Benefits of Bajra

- **Eating bajra provides us with disease fighting phytochemicals that lower cholesterol, antioxidants, plenty of fibre, folate, iron, magnesium, copper, zinc, vitamins-E and B-complex, thiamine, riboflavin and niacin. It is a gluten free grain.**
- **Good for diabetic patients.**
- **Helpful for cardiovascular health.**

