

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](#).

Toor Dal Dosa Recipe / Thuvaram Paruppu Dosa

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thuvaram paruppu dosa

Toor Dal Dosa Recipe/ Thuvaram Paruppu dosa / Togaribele Dosa is a nice crispy Indian pancake made with rice, toor dal, red chilies and salt. This is simple to make, protein rich and

tasty dosa. I love toor dal than normal dosa because of its unique taste. This is my mom's recipe. For a change, try this toor dal dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Serve this dosa with [coconut chutney](#) or any chutney of your choice. I had thuvaram paruppu dosai with [peanut chutney](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
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- [Pesarattu / Green Moong Dosa](#)

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Ingredients for Toor dal dosa recipe

Preparation Time: 6 hrs Cooking Time: 30 mins Serves: 8
dosa

- 1 Cup of Boiled Rice
- 1/2 Cup of Toor Dal
- 2 Red Chilies or to taste
- 1/2 Tsp of Fenugreek
- Salt to taste

Method for Toor dal dosa recipe

- Soak both the rice, toor dal, red chilies, fenugreek in water for 4-6 hrs or overnight.
- Drain the water, wash the rice, toor dal in tap water, grind it in a blender along with water until the batter turns smooth and soft. The batter should not be watery or thick. Add salt and mix well with hand. Leave it for 4 hrs or use it immediately your wish.
- Heat a dosa pan or griddle, pour a ladleful of dosa batter and spread it like dosa. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
- Toor dal 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 avoid red chilies and add green chillies, if you want spicy side. You can also make dosa without red chilly.



toor dal dosa

Tags: [toor dal dosa](#), [toor dal dosa recipe](#), [thuvaram paruppu dosa](#), [paruppu dosa](#), [dal dosa](#), [dosa recipe](#), [easy crispy dosa recipe](#), [south indian dosa recipe](#), [south indian breakfast ideas](#), [Togaribele Dosa](#), [dosa ideas](#)

Oats Aval Dosa Recipe / South Indian Dosa



Dosa is a staple breakfast dish from South India. Today recipe is oats aval dosai / Oats Poha Dosa. They are crispy and yummy, easy to make breakfast dish. I already posted [oats dosa recipe](#) and [spongy aval dosa](#) recipe in my blog. This crispy dosa is a combination of oats, aval(poha), rice and dal. Here I used red aval and steel cuts oats, you can also

use quaker old fashioned oats or quick oats to make this oats aval dosa at home. This dosa is not only healthy also they are delicious in taste when you serve with [green chutney](#) or [tomato chutney](#) or even milagai podi.

How to make Oats Aval Dosa Recipe

Ingredients – Oats Aval Dosa Recipe

Preparation Time : 10 hrs Cooking Time: 30 Serves: 15 dosas

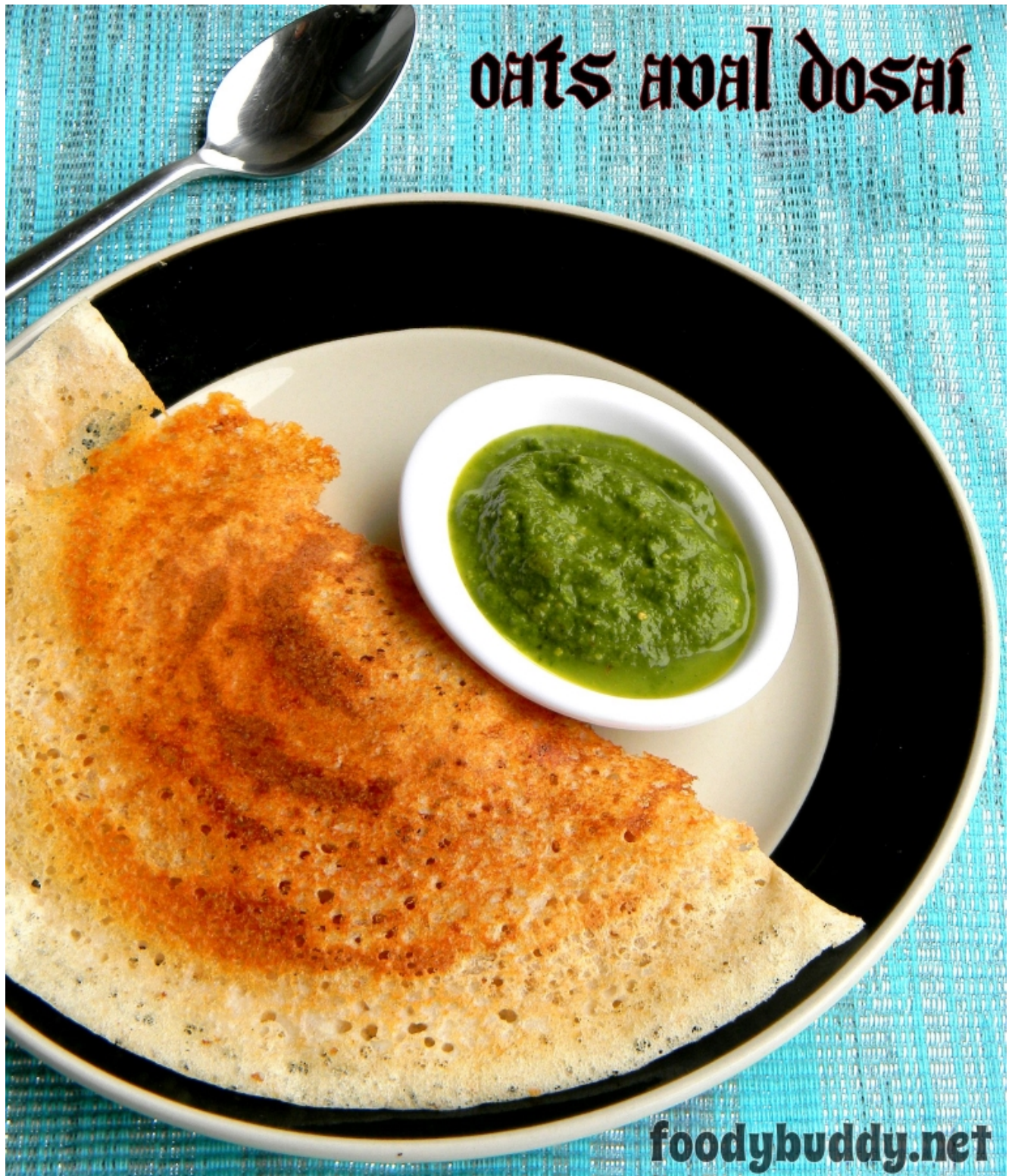
- 2 Cups of Idly Rice / Boiled Rice
 - 1/2 Cup of Aval (Poha)
- 1/2 Cup of Oats, I used steel cut oats
 - 1/2 Cup of Urad Dal (Black Gram)
 - 1 Tsp of Fenugreek
 - Salt to taste
 - Oil as needed

Method – Oats Aval Dosa Recipe

- Soak rice and urad dal separately in water for overnight or at least 6 hrs. Soak fenugreek along with urad dal.
 - Soak oats and aval in a vessel for one hour before grinding.
- Next day, first grind urad dal and fenugreek to a smooth paste by adding required amount of water. Transfer this batter to a vessel.
- Then grind rice, aval and oats together to a smooth paste by adding required amount of water. Transfer this batter to the same vessel.
- Now mix everything along with salt and allow to ferment the batter for overnight.
- Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa. When dosa turns golden brown on bottom side, flip it and cook the other side for a min. Now hot and crispy oats aval dosa is ready to serve with your favourite chutney.

Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.
- You can use quaker old fashioned oats or quick oats to make this dosa.



Tags: [oats dosai](#), [oats aval dosa recipe](#), [aval dosa recipe](#), [how to make oats aval dosa recipe at home](#), [aval oats dosa](#), [aval recipes](#), [oats recipes for breakfast](#), [prepare oats aval dosa](#), [dosa recipes](#), [south indian dosa recipes](#), [how to make crispy dosa at home](#), [south indian breakfast recipes](#).