DietCloud – Recipe

Recipe Name: JOWAR UPMA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Jowar Upma is a wholesome and savory South Indian-inspired breakfast or light meal, featuring nutritious sorghum semolina cooked with a vibrant medley of vegetables. This healthy twist on a classic upma is enriched with crunchy peanuts and cashews, and delicately spiced, making it a satisfying and flavorful dish. It is typically served warm, garnished with fresh cilantro.
[PROS]
- Excellent source of dietary fiber, promoting digestive health and satiety.
- Gluten-free, making it suitable for individuals with celiac disease or gluten sensitivity.
- Rich in complex carbohydrates, providing sustained energy without rapid blood sugar spikes.
- Contains essential minerals like iron, magnesium, and phosphorus from jowar and vegetables.
- Good source of plant-based protein and healthy fats from peanuts and cashews.
[CONS]
- Preparation time might be slightly longer than instant versions of upma due to jowar needing more cooking.
- Contains nuts (peanuts, cashews), which are common allergens.
- Can be calorie-dense if excessive oil or nuts are used, requiring portion control.
[DIETITIAN REVIEW]
This Jowar Upma is a fantastic nutritional choice, offering a balanced combination of whole grains, vegetables, and healthy fats. Its high fiber content is excellent for gut health and blood sugar management, making it an ideal meal for sustained energy. While delicious and nutrient-dense, mindful oil and nut usage is recommended for calorie control. Score: 9/10

Ingredients

Ingredient	Quantity
• Jowar Rava (Sorghum Semolina)	1/2 cup
• Water	1.5 cups
• Cooking Oil (e.g. • coconut or sunflower)	1.5 tablespoons
• Mustard Seeds	1/2 teaspoon
• Cumin Seeds	1/4 teaspoon

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• Curry Leaves	5-6 leaves

• Asafoetida (Hing)	Pinch

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• Onion	1/4 medium
• finely chopped	

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• Green Chili • slit or chopped	1 (adjust to taste)

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• Ginger • grated	1/2 teaspoon

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• Carrot • finely diced	1/4 cup

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• Green Bell Pepper • finely diced	1/4 cup

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• Tomato • finely diced	1/4 cup

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• Roasted Peanuts	1 tablespoon

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• Raw Cashews	1 tablespoon

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- Turmeric Powder 1/4 teaspoon

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• Salt	To taste

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• Fresh Coriander Leaves • chopped	2 tablespoons (for garnish)

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• Lemon Juice	1/2 teaspoon (optional)

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Preparation

• 1.
• Heat 1 teaspoon of oil in a pan over medium heat.
• Add the jowar rava and dry roast for 3-4 minutes until lightly fragrant.
• Transfer to a plate and set aside.
• 2.
• In the same pan, heat the remaining 1 tablespoon of oil.
• Add mustard seeds and let them splutter.
• Then add cumin seeds, curry leaves, and asafoetida.
• Sauté for a few seconds.
• 3.
• Add chopped onion, green chili, and grated ginger.
• Sauté until the onion turns translucent.
• 4.
• Add finely diced carrot, green bell pepper, and tomato.
• Cook for 3-5 minutes until the vegetables are slightly tender.
• 5.
• Stir in the roasted peanuts and cashews, sauté for another minute.
• 6.
• Pour in the water and add turmeric powder and salt.
• Bring the mixture to a rolling boil.
• 7.
• Reduce the heat to low.
• Gradually add the roasted jowar rava, stirring continuously to prevent lumps.
• 8.
• Cover the pan and let it simmer for 10-12 minutes, or until the jowar is cooked through and all the water has been absorbed.
• If it still looks dry, you may add a splash of hot water and cover again.
• 9.
• Turn off the heat and let it rest, covered, for 5 minutes.
• Fluff gently with a fork.
• 10.
• Stir in lemon juice (if using) and garnish with fresh coriander leaves before serving hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	8	5