

Recipe Name: Palak Chana Dal Recipe - Healthy Spinach Gram Dal Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Chana dal (Bengal Gram Dal) - soaked in water for about 20 minutes	4
• 200 grams Spinach Leaves (Palak) - washed and chopped	
• 3 cups Water	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 2 tablespoons Ghee	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies	
• 1 tablespoon Ginger Garlic Paste	
• 1 Onion - chopped	
• 2 Green Chillies - chopped	
• 1 Tomato - chopped	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1/2 teaspoon Cumin powder (Jeera)	
• Salt - to taste	

Preparation

- To begin making the Palak Chana Dal recipe, pressure cook the soaked chana dal with 3 cups of water, salt and turmeric powder for 5 to 6 whistles and turn off the heat.
- Allow the pressure to release naturally.
- Add the palak (spinach leaves) along with 2 ta.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	5

