DietCloud – Recipe

Recipe Name: QUINOA UPMA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Quinoa Upma is a wholesome and savory Indian breakfast or light meal, reimagining the traditional semolina dish with nutrient-dense quinoa. This vibrant bowl features fluffy quinoa tossed with tender green peas, finely diced carrots, and aromatic spices like mustard seeds and cumin. It's a flavorful and hearty option, often garnished with fresh cilantro and served warm.
[PROS]
- Excellent source of complete protein and dietary fiber from quinoa.
- Naturally gluten-free, making it suitable for those with celiac disease or gluten sensitivity.
- Rich in vitamins and minerals, including iron, magnesium, and B vitamins, from quinoa and vegetables.
[CONS]
- Can become bland or dry if not properly seasoned or cooked with sufficient moisture.
- Requires thorough rinsing of quinoa to remove saponins, which can impart a bitter taste.
[DIETITIAN REVIEW]
This Quinoa Upma offers a fantastic nutritional profile, elevating a classic dish into a powerhouse of protein and fiber. It's an ideal choice for sustained energy and digestive health, particularly beneficial for those seeking plant-based or gluten-free options. The inclusion of diverse vegetables further boosts its micronutrient content, making it a well-rounded and highly recommended meal. Score: 9/10

Ingredients

Ingredient	Quantity
• Quinoa	1/2 cup (dry)
• Water	1 cup
• Olive oil or Ghee	1 tsp
• Mustard seeds	1/4 tsp
• Cumin seeds	1/4 tsp
• Curry leaves	3-4 leaves
• Asafoetida (Hing)	A pinch
• Onion	1/4 small

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- finely chopped

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• Green chili • finely chopped	1/2 (adjust to taste)

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• Ginger • grated	1/2 tsp

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• Carrots • finely diced	1/4 cup

- Green peas (fresh or frozen) 1/4 cup

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• Salt	to taste

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• Fresh lemon juice	1 tsp

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• Fresh cilantro • chopped	1 tbsp (for garnish)

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Preparation

• 1.
• Rinse quinoa thoroughly under cold running water for at least 2 minutes.
• Cook the rinsed quinoa with 1 cup of water and a pinch of salt in a small pot.
• Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes, or until all water is absorbed and quinoa is fluffy.
• Let it rest, covered, for 5 minutes, then fluff with a fork.
• 2.
• While quinoa is cooking, heat oil or ghee in a medium pan over medium heat.
• Add mustard seeds and allow them to splutter.
• Then add cumin seeds, curry leaves, and asafoetida.
• Sauté for a few seconds until fragrant.
• 3.
• Add chopped onion, green chili, and grated ginger to the pan.
• Sauté for 3-5 minutes until the onion turns translucent and soft.
• 4.
• Stir in the diced carrots and green peas.
• Cook for another 3-5 minutes, stirring occasionally, until the vegetables are tender-crisp.
• 5.
• Add the cooked and fluffed quinoa to the pan with the vegetables and spices.
• Season with salt to taste and mix everything thoroughly, ensuring all ingredients are well combined.
• 6.
• Stir in the fresh lemon juice and give it a final gentle mix.
• 7.
• Transfer the Quinoa Upma to a serving bowl, garnish generously with fresh chopped cilantro, and serve warm.

Macronutrients

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