DietCloud – Recipe

Recipe Name: BROWN WHEAT SPROUTS KICHIDI

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
½ cup Sprouted Whole Wheat/Broken Wheat (Daliya)¼ cup Yellow Moong Dal (split yellow gram)½ cup Mixed Vegetables (e.g., peas, carrots, beans, spinach)2 tbsp Ghee (or oil for a vegan option)½ tsp Cumin Seeds1-2 Green Chilies (slit or chopped)¼ tsp Turmeric PowderSalt to taste2-3 cups Water (adjust for desired consistency)Fresh Coriander for garnish
Instructions
Prep the Wheat and Dal: If using whole wheat, soak it overnight (8-10 hours) and then lightly grind it in a mixer to a coarse texture. Wash and soak the yellow moong dal for at least one hour.Sauté Aromatics: In a pressure cooker, heat the ghee. Add the cumin seeds and green chilies, and let them splutter.Cook Ingredients: Add the ground whole wheat, soaked moong dal, and optional mixed vegetables. Sauté for a minute or two, stirring well.Add Spices and Water: Add the turmeric powder and salt, mixing everything together. Pour in the water, mix well, and close the pressure cooker lid.Pressure Cook: Cook on medium heat for 2-3 whistles, then lower the flame and simmer for 8-10 minutes (cooking time can vary, so ensure grains are tender).

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	16	8	4