

Recipe Name: DAL AND VEGETABLE IDLY
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Dal and vegetable idly is a protein-rich, soft idly made with lentils and mixed veggies for a nutritious, light breakfast.

Ingredients

Dals (Lentils): A combination of toovar (arhar) dal, chana dal, and yellow moong dal are typically used. Green moong dal is also a common choice. **Vegetables:** Finely chopped or grated vegetables such as carrots, onions, green peas, fenugreek (methi) leaves, and coriander are added to enhance nutrition and flavor. **Flavorings:** Green chillies, ginger, and a tempering of mustard seeds, urad dal, and asafoetida add a savory depth. **Leavening Agent:** Fruit salt (Eno) is used just before steaming to make the idlis soft and fluffy.

Step-by-Step Method

Soak the dals: Wash and soak the required dals (e.g., a mix of toovar, chana, and moong dal) in enough water for at least 3 hours or overnight. **Grind the batter:** Drain the soaked dals and blend them into a smooth paste using a mixer grinder, adding water as required to achieve a thick, idli-like consistency. **Add vegetables and seasoning:** Transfer the batter to a large bowl and mix in the chopped or grated vegetables, salt, and ginger-green chili paste. **Prepare tempering (optional):** In a small pan, heat oil and splutter mustard seeds, urad dal, and curry leaves. Pour this tempering over the batter and mix well. **Leaven and steam:** Just before you are ready to steam, add the fruit salt (Eno) and a tablespoon of water over it. Mix the batter gently until frothy. **Cook the idlis:** Pour the batter into greased idli moulds and steam in an idli steamer for 10 to 12 minutes, or until a toothpick inserted into the center comes out clean. **Serve:** Let the idlis cool slightly before demoulding. Serve hot with your choice of chutney or sambar.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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250

10

40

2

4

2

