DietCloud – Recipe

Recipe Name: DAL AND VEGETABLE IDLY

Diet Type: Vegetarian

Course: General 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