

Recipe Name: Quinoa Vegetable Upma Recipe
Diet Type: Vegetarian
Course: Indian Breakfast
Cuisine: Fusion
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Quinoa	3
• 2 cups Water	
• 2 tablespoons Extra Virgin Olive Oil	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• 6 Curry leaves	
• 2 Green Chillies - finely chopped	
• 1 Shallot - finely chopped	
• 1 Tomato - finely chopped	
• 1/4 cup Carrot (Gajjar) - finely chopped	
• 1/4 Del Monte Whole Corn Kernels	
• 1/4 Green peas (Matar)	
• Green beans (French Beans) - finely chopped	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• Salt - as needed	
• Coriander (Dhania) Leaves - few	

Preparation

- To begin making Quinoa Vegetable Khichdi, first heat a heavy bottomed pan on medium flame, add the olive oil and mustard seeds and allow them to splutter.
- Next add the cumin seeds, urad dal, channa dal, curry leaves and green chili.
- Saute it all for a few.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	50	10	5	5

