

Recipe Name: QUINOA UPMA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

For the Quinoa: 1 cup quinoa, 2 cups water, Salt to taste
 For the Tempering & Vegetables: 2 tbsp oil or ghee, 1 tsp mustard seeds, 1 tsp cumin seeds (jeera), 1 tbsp chana dal (optional), 1 tbsp urad dal (optional), 4-5 fresh curry leaves, 1 green chili (chopped), 1 inch ginger (chopped), 1 medium onion (chopped), 1 cup mixed vegetables (chopped), ¼ tsp turmeric powder, Fresh coriander leaves (for garnish), Lemon juice (optional, for serving)

Instructions

Rinse Quinoa: Wash quinoa under cold water to remove bitterness.
Prepare Tempering: Heat oil/ghee, add mustard/cumin seeds, then dals (if using) and fry.
Add Aromatics: Sauté curry leaves, chili, and ginger, then add and sauté onions.
Cook Vegetables: Add mixed vegetables and turmeric, sauté until slightly soft.
Combine and Cook: Add rinsed quinoa and stir. Pour in water, add salt, and bring to a boil.
Simmer: Cover, reduce heat, and simmer for about 15 minutes until water is absorbed and quinoa is cooked.
Finish and Serve: Let rest, then fluff with a fork, garnish with coriander, and serve with lemon juice if desired.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	14	8	2