DietCloud – Recipe

Recipe Name: BARLEY MOONG DAL KHICHDI

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This comforting Barley Moong Dal Khichdi is a wholesome, one-pot meal that combines the goodness of hulled barley and yellow split moong lentils. Cooked to a creamy, yet textured consistency with mild spices, a hint of tomato, and tempered with cumin, it's garnished with fresh coriander and a green chili for a delightful aroma and flavor. This nourishing dish is perfect for a light yet satisfying meal, often enjoyed with a side of yogurt or papad.
[PROS]
- Excellent source of dietary fiber, especially from barley, aiding digestion and promoting satiety.
- Rich in plant-based protein from moong dal, essential for muscle repair and overall body function.
- Lower glycemic index due to barley, which helps in managing blood sugar levels.
- Easily digestible and gentle on the stomach, making it ideal for recovery or light meals.
- Provides complex carbohydrates for sustained energy release.
[CONS]
- Barley contains gluten, making it unsuitable for individuals with celiac disease or gluten sensitivity.
- Can be high in sodium if not carefully seasoned, especially if served with salty accompaniments.
- Requires soaking time for hulled barley, which needs advance planning.
[DIETITIAN REVIEW]
This Barley Moong Dal Khichdi is a remarkably balanced and nutritious meal, offering a superb blend of complex carbohydrates, lean plant protein, and abundant fiber. Its digestibility and nutrient density make it an excellent choice for general wellness and even for those recovering from illness. Score: 9/10

Ingredients

Ingredient	Quantity
• Hulled Barley	1/4 cup
• Yellow Split Moong Dal	1/4 cup
• Water	2 cups (or as needed)
• Ghee or Cooking Oil	1 tsp
• Cumin Seeds (Jeera)	1/2 tsp
• Asafoetida (Hing)	Pinch

• Green Chili	1 (slit, adjust to taste)

- Ginger-Garlic Paste 1/2 tsp

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• Small Tomato	1/4 (finely chopped)

- Turmeric Powder 1/4 tsp

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• Salt	To taste

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• Fresh Coriander Leaves	1 tbsp (chopped, for garnish)

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Preparation

• 1.
• Wash hulled barley thoroughly and soak for at least 4-6 hours or overnight.
• If using pearl barley, soak for 30 minutes.
• Wash yellow split moong dal and soak for 30 minutes.
• Drain both before cooking.
• 2.
• Heat ghee or cooking oil in a pressure cooker or a heavy-bottomed pot over medium heat.
• Add cumin seeds and allow them to splutter.
• Then add the pinch of asafoetida.
• 3.
• Add the slit green chili, ginger-garlic paste, and finely chopped tomato.
• Sauté for 1-2 minutes until the tomatoes soften slightly.
• 4.
• Add the soaked and drained barley and moong dal to the pot.
• Stir in the turmeric powder and salt to taste.
• Mix everything well.
• 5.
• Pour in 2 cups of water.
• If using a pressure cooker, close the lid and cook for 3-4 whistles on medium heat.
• If cooking in a pot, bring to a boil, then reduce heat, cover, and simmer for 25-30 minutes, or until the dal and barley are tender and the khichdi reaches your desired consistency.
• Add more hot water if needed for a thinner consistency.
• 6.
• Once cooked, if using a pressure cooker, allow the pressure to release naturally.
• Gently stir the khichdi, mashing slightly with the back of a ladle if you prefer a creamier texture.
• 7.
• Garnish generously with fresh chopped coriander leaves and serve hot, optionally with a dollop of extra ghee.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	10	8	2