DietCloud – Recipe

Recipe Name: OATS MOONG DAL RECIPE

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This wholesome Oats Moong Dal is a comforting and nutritious twist on a classic Indian lentil stew. Combining protein-rich moong dal with fiber-packed rolled oats and vibrant vegetables, it's a thick, flavorful, and hearty dish typically served warm as a standalone meal or with a side of flatbread.
[PROS]
- High in dietary fiber, promoting digestive health and satiety.
- Excellent source of plant-based protein for muscle repair and growth.
- Rich in essential vitamins and minerals from lentils, oats, and vegetables.
- Provides sustained energy due to complex carbohydrates and a low glycemic index.
- Gluten-free friendly (ensure certified gluten-free oats are used).
[CONS]
- Can be high in sodium if not prepared carefully, especially with processed spice blends.
- May cause bloating or gas in sensitive individuals due to the lentil content.
- Requires multiple ingredients and a few cooking steps, which might be time-consuming for some.
[DIETITIAN REVIEW]
This Oats Moong Dal recipe offers a fantastic nutritional profile, expertly blending the slow-releasing energy of oats with the complete plant-based protein of moong dal and the micronutrients of added vegetables. It's an ideal meal for sustained energy, digestive health, and overall wellness, making it a well-rounded and highly satisfying choice. Score: 9/10

Ingredients

Ingredient	Quantity
• Moong Dal (split yellow lentils)	1/4 cup
• Rolled Oats	1/4 cup
• Water	1.5 cups
• Ghee or Cooking Oil	1 tsp
• Mustard Seeds	1/4 tsp
• Cumin Seeds	1/2 tsp
• Asafoetida (Hing)	Pinch

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• Onion • finely chopped	1/4 small

- Ginger-Garlic Paste 1/2 tsp

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• Tomato	1/4 small
• finely chopped	

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• Carrot • finely diced	1 tbsp

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• Fresh Spinach or greens • chopped	1/4 cup

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- Turmeric Powder 1/4 tsp

- Red Chili Powder (optional) 1/4 tsp

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• Salt	to taste

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• Fresh Cilantro • chopped	1 tbsp (for garnish and cooking)

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Preparation

• 1.
• Rinse the moong dal thoroughly under running water until the water runs clear.
• Soak it in fresh water for 15-20 minutes while you prepare other ingredients.
• 2.
• In a pressure cooker or a deep pot, combine the soaked moong dal (drained) and rolled oats with 1.
• 5 cups of water.
• Add a pinch of turmeric powder and salt to taste.
• Pressure cook for 2-3 whistles or cook on the stovetop until the dal and oats are soft and well-combined (approx.
• 15-20 minutes).
• Mash lightly if a smoother consistency is desired.
• 3.
• While the dal and oats are cooking, prepare the tempering (tadka).
• Heat ghee or oil in a small pan over medium heat.
• Add mustard seeds and let them splutter.
• Then add cumin seeds and asafoetida, sauté for a few seconds until fragrant.
• 4.
• Add finely chopped onion and sauté until translucent.
• Stir in ginger-garlic paste and cook for another minute until the raw aroma disappears.
• 5.
• Add finely chopped tomato, carrot, and any remaining turmeric powder and red chili powder (if using).
• Cook until tomatoes soften and the mixture thickens slightly.
• 6.
• Stir in the chopped spinach or greens and cook until wilted, about 2-3 minutes.
• 7.
• Carefully add the prepared tempering mixture into the cooked oats and dal.
• Mix well.
• If the dal is too thick, add a little hot water to adjust the consistency to your liking.
• 8.
• Simmer for another 2-3 minutes, allowing the flavors to meld.
• Taste and adjust salt if necessary.
• 9.
• Garnish generously with fresh chopped cilantro and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	20	60	10	8	5