DietCloud – Recipe

Recipe Name: CABBAGE MASALA

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

A vibrant and wholesome Indian-style Cabbage Masala, featuring finely shredded cabbage and bright green peas sautéed with aromatic spices like mustard seeds, turmeric, and possibly ginger-garlic. This flavorful and lightly spiced dry vegetable dish is typically served warm as a side with rice, roti, or dal, making it a comforting and nutritious addition to any meal.
[PROS]
- High in dietary fiber, aiding digestion and promoting gut health.
- Rich in essential vitamins (C and K) and antioxidants.
- Low in calories and fat, supporting weight management.
[CONS]
- Cabbage can cause gas or bloating in some sensitive individuals.
- Requires some chopping time for the cabbage and other vegetables.
[DIETITIAN REVIEW]
This Cabbage Masala is an excellent choice for a light and nutritious meal component. It's packed with fiber and essential vitamins from the cabbage and peas, making it great for gut health and overall well-being. The minimal use of oil and emphasis on vegetables contributes to its low-calorie profile and vibrant nutrient density. Score: 8/10

Ingredients

Ingredient	Quantity
• Cabbage	1.5 cups, shredded
• Green Peas	1/4 cup, fresh or frozen
• Onion	1/4 medium, finely chopped
• Green Chili	1/2, slit (adjust to taste)
• Ginger-Garlic Paste	1/2 teaspoon
• Mustard Seeds	1/4 teaspoon
• Cumin Seeds	1/4 teaspoon
• Turmeric Powder	1/4 teaspoon

• Coriander Powder	1/2 teaspoon

• Red Chili Powder	1/4 teaspoon (optional)

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• Curry Leaves	3-4

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• Cooking Oil	1 tablespoon

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• Salt	to taste

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

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Preparation

• 1.
• Heat cooking oil in a pan or kadai over medium heat.
• Add mustard seeds and cumin seeds, and let them splutter.
• 2.
• Add curry leaves, chopped onion, and green chili.
• Sauté until the onion turns translucent, about 2-3 minutes.
• 3.
• Stir in ginger-garlic paste and cook for 30 seconds until its raw smell disappears.
• 4.
• Add turmeric powder, coriander powder, and red chili powder (if using).
• Sauté for another 15-20 seconds, ensuring spices don't burn.
• 5.
• Add the shredded cabbage and green peas.
• Mix well with the spices, ensuring the cabbage is evenly coated.
• 6.
• Add salt to taste.
• Cover the pan and cook on low to medium heat for 8-10 minutes, or until the cabbage is tender-crisp, stirring occasionally to prevent sticking.
• A splash of water (1-2 tablespoons) can be added if needed to prevent burning or dry out.
• 7.
• Once the cabbage is cooked to your desired tenderness, remove from heat.
• Garnish with fresh chopped coriander leaves.
• 8.
• Serve hot as a side dish with rice, roti, or paratha, along with dal or yogurt.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	5	5