DietCloud – Recipe

Recipe Name: CHANNA DAL WITH CUCUMBER
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

This Chana Dal with Cucumber is a comforting and light twist on a classic Indian lentil dish. Hearty chana dal (split chickpeas) are simmered with tender cucumber cubes and aromatic spices, creating a mildly flavorful and wholesome stew. It's typically served warm, garnished with fresh cilantro, making it perfect alongside rice or flatbread for a nourishing meal.
[PROS]
- High in plant-based protein, supporting muscle health and satiety.
- Excellent source of dietary fiber from dal and cucumber, aiding digestion.
- Cucumber adds hydration and essential vitamins like Vitamin K and C, and minerals.
- Low in calories and fat, making it suitable for weight management.
[CONS]
- Legumes can cause gas or bloating in some individuals, especially if not properly soaked or cooked.
- If not prepared with care, sodium levels can be high depending on added salt and seasonings.
[DIETITIAN REVIEW]
This Chana Dal with Cucumber is an exemplary dish from a nutritional standpoint. It masterfully combines plant-based protein and fiber from the chana dal with the hydrating and vitamin-rich goodness of cucumber. It's a low-glycemic, gut-friendly option that can contribute significantly to daily nutrient intake. Score: 9/10

Ingredients

Ingredient	Quantity
• Chana Dal (Split Chickpeas)	1/4 cup
• Cucumber	1/2 medium (diced)
• Water	2 cups (approx.)
• Cooking Oil or Ghee	1 tsp
• Cumin Seeds	1/4 tsp
• Asafoetida (Hing)	Pinch
• Ginger-Garlic Paste	1/2 tsp
• Green Chili	1/2 (slit, optional)

- Turmeric Powder 1/4 tsp

• Red Chili Powder	1/4 tsp (or to taste)

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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 and soak chana dal in enough water for at least 30 minutes, or preferably 1-2 hours.
• Drain the water.
• 2.
• Pressure cook the soaked chana dal with 1 cup of fresh water, a pinch of turmeric, and a pinch of salt for 2-3 whistles, or until soft but still holding its shape.
• Let the pressure release naturally.
• 3.
• While the dal is cooking, peel and dice the cucumber into small cubes.
• 4.
• In a small pan, heat oil or ghee.
• Add cumin seeds and let them splutter.
• Then add asafoetida, ginger-garlic paste, and green chili (if using).
• Sauté for 30 seconds until aromatic.
• 5.
• Stir in turmeric powder and red chili powder.
• Cook for a few seconds, being careful not to burn the spices.
• 6.
• Add the diced cucumber to the tempering and sauté for 2-3 minutes until slightly tender-crisp.
• 7.
• Pour the cooked chana dal (along with its cooking liquid) into the pan with the tempering and cucumber.
• Add more water if needed to adjust the consistency to your liking (should be a semi-thick stew).
• 8.
• Bring to a gentle simmer, add salt to taste, and cook for another 5-7 minutes, allowing the flavors to meld and the cucumber to soften slightly.
• 9.
• Garnish with fresh coriander leaves before serving hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	10	5