DietCloud – Recipe

Recipe Name: FRESH BEANS AND CHANNA DAL STIR FRY

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Fresh Beans and Channa Dal Stir Fry is a nutritious and flavorful side dish, featuring crisp green French beans and hearty chana dal (split chickpeas). Lightly spiced and stir-fried to perfection, it offers a delightful texture contrast and a wholesome addition to any meal. This easy-to-prepare dish is typically served warm, perfect alongside rice or flatbreads.
[PROS]
- Excellent source of dietary fiber, supporting digestive health and satiety.
- Provides significant plant-based protein from chana dal, aiding muscle repair and growth.
- Rich in essential vitamins and minerals from French beans, including Vitamin K, C, and folate.
- Low in calories and fat, making it ideal for weight management and heart health.
[CONS]
- High fiber content from beans and dal may cause bloating or gas for individuals sensitive to legumes.
- Without sufficient seasoning, the dish might be perceived as bland by some palates.
[DIETITIAN REVIEW]
This Fresh Beans and Channa Dal Stir Fry is an exemplary dish for a balanced diet, marrying the goodness of fresh vegetables with the protein power of legumes. It's an excellent option for vegetarians and those looking to increase their fiber intake, contributing to overall well-being. Score: 9/10

Ingredients

Ingredient	Quantity
• French Beans	1 cup, trimmed and chopped
• Chana Dal	1/4 cup, soaked for 30 minutes and drained
• Cooking Oil	1 teaspoon
• Mustard Seeds	1/4 teaspoon
• Cumin Seeds	1/4 teaspoon
• Asafoetida (Hing)	Pinch
• Curry Leaves	4-5
• Green Chili	1, finely chopped (optional)

DietCloud – Recipe

• Turmeric Powder	1/4 teaspoon

DietCloud – Recipe

• Salt	To taste

DietCloud – Recipe

• Water	2-3 tablespoons

DietCloud – Recipe

Preparation

• 1.
• Ensure chana dal is soaked for at least 30 minutes, then drain thoroughly.
• Wash and chop the French beans into 1-inch pieces.
• 2.
• Heat oil in a medium non-stick pan over medium heat.
• Add mustard seeds and let them splutter.
• Then add cumin seeds, asafoetida, and curry leaves; sauté for a few seconds until fragrant.
• 3.
• Add the chopped green chili (if using) and sauté for another 30 seconds.
• 4.
• Stir in the soaked and drained chana dal and chopped French beans.
• Add turmeric powder and salt to taste.
• Mix well.
• 5.
• Add 2-3 tablespoons of water, cover the pan, and cook on low heat for 8-10 minutes, or until the beans are tender-crisp and the chana dal is cooked through.
• Stir occasionally to prevent sticking.
• 6.
• Remove the lid and cook for an additional 2-3 minutes on medium heat, allowing any excess moisture to evaporate.
• Serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	18	40	10	8	5