DietCloud – Recipe

Recipe Name: GREENGRAM KHICHDI

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Greengram Khichdi is a wholesome and comforting one-pot meal, revered in Indian cuisine for its simplicity and nourishing qualities. This dish combines soft-cooked rice with whole green gram (moong dal), simmered with a touch of turmeric and mild spices, creating a creamy and easily digestible texture. It is often served warm as a restorative meal, particularly suitable for light dinners or during times of illness.
[PROS]
- Excellent source of plant-based protein and dietary fiber from green gram.
- Easily digestible, making it ideal for sensitive stomachs or recovery.
- Provides complex carbohydrates for sustained energy.
- Rich in essential minerals like iron, potassium, and magnesium.
[CONS]
- Can be high in carbohydrates if portions are not managed.
- May be considered bland by some without additional seasoning or accompaniments.
- Preparation time can be longer if green gram is not pre-soaked.
[DIETITIAN REVIEW]
This Greengram Khichdi is a remarkably balanced and nutrient-dense meal, offering a complete protein profile when combining rice and lentils. Its high fiber content supports gut health, while its gentle nature makes it suitable for almost anyone. A truly comforting and wholesome choice. Score: 9/10

Ingredients

Ingredient	Quantity
• Basmati Rice (or preferred rice)	1/4 cup
• Whole Green Gram (Sabut Moong Dal)	1/4 cup
• Water	2 cups
• Ghee or cooking oil	1 teaspoon
• Cumin seeds	1/2 teaspoon
• Turmeric powder	1/4 teaspoon
• Salt	to taste

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• Asafoetida (Hing)	pinch (optional)

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Preparation

• 1.

• Rinse the rice and whole green gram separately under cold water until the water runs clear.

• For best results, soak the green gram for at least 30 minutes, or up to 4 hours, and the rice for 15-20 minutes.

• 2.

• Heat ghee or oil in a pressure cooker or a heavy-bottomed pot over medium heat.

• Add cumin seeds and allow them to splutter.

• If using, add a pinch of asafoetida.

• 3.

• Add the rinsed and drained rice and green gram to the pot.

• Sauté for 1-2 minutes, stirring gently.

• 4.

• Stir in the turmeric powder and salt.

• Pour in the water and mix well.

• 5.

• 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 to low, cover, and simmer for 20-25 minutes, or until the rice and dal are tender and well-cooked.

• Stir occasionally to prevent sticking and add more hot water if the khichdi becomes too thick.

• 6.

• Once cooked, let the pressure release naturally if using a pressure cooker.

• Open the lid, mash slightly with the back of a spoon for a creamier consistency if desired.

• Serve hot, optionally garnished with a dollop of ghee.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	15	60	10	8	5