



Moong Dal Idli

Ingredients:

- Yellow Moong Dal - $\frac{1}{2}$ cup
- Finely chopped onion - handful
- Finely chopped cabbage - handful
- Finely chopped cauliflower - handful
- Finely chopped capsicum - handful
- Finely chopped green chillies - some
- Finely chopped coriander - handful
- Grated ginger - very little
- Oil - 2 + 1 teaspoons
- Mustard seeds - 1 teaspoon
- Turmeric powder - $\frac{1}{4}$ teaspoon
- Red Chilli - $\frac{1}{2}$ teaspoon
- Salt - $\frac{1}{2}$ teaspoon
- Fruit salt (Eno) - 1-2 teaspoon

Method:

- Wash the dal thoroughly and soak for 3-4 hours.
- Drain off all the water and grind smooth using very little water.
- In a pan heat 2 teaspoons of oil.
- Add mustard seeds and let them sputter.
- Add the vegetable except coriander.
- Add some turmeric powder and salt.
- Cook for just two minutes and then add red chilli powder.
- Keep aside and let it cool down.
- Grease an idli tray and pre heat the steamer.
- Mix in the dal batter and add eno fruit salt.
- Immediately put to steam.
- Steam for 8-10 mins or until a toothpick comes out clean.
- Bring it out and let it cool a little before removing from the mould.
- Add an extra tadka, by adding some, some mustard seeds along with coriander for better taste.
- Serve with green chutney.



Chilla Roll ups

Ingredients:

- Green split moong dal - ½ cup
- Boiled Potatoes - 3-4
- Green Chilli - as per taste
- Chopped Coriander - handful
- Paneer - ½ cup
- Salt - as per taste
- Black salt - ½ teaspoon
- Roasted cumin powder - ½ teaspoon
- Red Chilli - ¼ teaspoon
- Lemon - half a lemon

Method:

- Wash the dal thoroughly and soak for 4 hours.
- Drain off all the water and grind smooth using very little water.
- Add water to get a flowy consistency.
- Add salt and red chilli to the batter. Keep aside.
- Mash the boiled potatoes and add green chillis, coriander, salt and spices. Squeeze some lemon juice. Mix and keep aside.
- Crumble the paneer. Add Salt, red chilli and keep aside.
- Heat a tawa. Spread a ladle full of the batter, sprinkle some oil, and let it cook.
- Flip over and let the other side cook too.
- Remove from the flame.
- Spread the potato mix evenly on entire Chilla.
- Sprinkle the paneer evenly.
- Roll tightly. Cut in three portions.
- Serve hot with chutney.



Vege Vadas

Ingredients:

- Chaula/chavli/Lobia dal- ½ cup
Can be replace by yellow moong dal.
- Grated Cabbage - ½ cup
- Grated carrot - ¼ cup
- Green Chilli - as per taste
- Chopped Coriander - handful
- Kasuri methi - 2 teaspoons
- Grated ginger - 1 teaspoon
- Salt - as per taste
- Red chilli powder - ½ teaspoon
- Baking soda - 1/8 teaspoon
- Mustard seeds
- Oil for cooking.

Method:

- Wash the dal thoroughly and soak for 4 hours.
- Drain off all the water and grind smooth using very little water.
- Add salt and red chilli to the batter.
- Crush and add kasuri methi.
- Ad the vegetables.
- Mix immediately get an appe patra (pan) ready.
- Keep it on medium flame and add a few drops of oil to the all the cavities.
- As oil heats up add the mustard seeds.
- As soon as the seeds sputter, add the batter to each cavity.
- Cover and let it cook for 2-3 mins.
- Flip over and let them cook for two more minutes.
- Keep the pan covered while cooking.
- Remove from flame once they are golden brown.
- Serve hot with coconut chutney.