

Heart Healthy Recipe Exchange

Black-Eyed Peas Dal

Category: Protein

Description: Main Dish

From the Kitchen of
(Dr. Divya L. Selvakumar)

(Image: courtesy Bhavana Patil, Indian Veggie Delight)



Servings:	4
Prep Time:	15 minutes
Total Time:	30-45 minutes

Ingredients:

1. 1 cup of black-eyed peas
2. 2 medium-sized tomatoes
3. 1 small onion
4. 1 clove of garlic
5. 1 piece of ginger
6. 1 bunch of spinach
7. 1 tsp – garam masala, chili powder, turmeric, moringa (optional)
8. 1 tsp – coriander seeds, cumin seeds, fennel seeds
9. Salt to taste

Directions:

1. Soak black-eyed peas overnight for 8 hours. Pre-cook black-eyed peas in pressure cooker or InstaPot.
2. Cut onion, garlic, ginger, tomatoes, and spinach into small pieces.
3. Heat almond or olive oil in pot. Add fennel, cumin and coriander seeds
4. When golden brown, add garlic, onion and ginger. Cook thoroughly.
5. Add tomatoes and spinach. Cook until soft.
6. Add black-eyed peas and mixed with vegetables and spices.
7. Add garam masala, chili powder, turmeric and moringa (if desired).
8. Add water and cook, bringing it to a boil. Simmer for 10-15 minutes.
9. Serve hot with rice, roti, puri or paratha.

Notes:

Black-eyed peas are commonly used throughout the South Asian diaspora and can be prepared in a variety of different ways. It is a cheap source of protein that can be eaten alongside with rice, paratha, puri or roti.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Black-eyed peas are not only rich in protein, but in several other vitamins and minerals. It is an excellent source of iron, phosphorus, magnesium, niacin, and thiamin. Ayurveda recognizes black-eye peas, also as an excellent source of calcium, needed for bone and teeth maintenance and development. It can be made for either lunch or dinner. Iron, phosphorus and magnesium are essential minerals. Iron is needed for growth and strength, as well as promotes oxygen via red blood cells. Phosphorus helps to maintain the growth and repair of cells, as well as plays a role with DNA/RNA. Niacin and thiamin are water-soluble vitamins. Niacin helps with fighting inflammation and promotes energy metabolism. Thiamine is needed for fat metabolism and plays an influential role in the detoxification of alcohol. It is also needed for proper neurological and brain function. Garlic and ginger are well-known in Ayurveda as anti-infection and anti-inflammatory agents. Spinach is also an excellent source of iron and fiber. Tomatoes contain Vitamin C; both iron and Vitamin C work together very well and promote absorption.