

Heart Healthy Recipe Exchange

Mixed Dal with Methi Leaves

Category: Protein

Description: Main Dish

From the Kitchen of
Dr. Divya L. Selvakumar, PhD, RD

(Image: Courtesy Venkatachalam – Subbu's Kitchen)



Servings:	
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

1. 1 cup of moong dal
2. 1 cup of toor dal
3. 1 cup of masoor dal
4. Garlic and ginger paste
5. 2 medium size tomatoes
6. 1 medium size onion
7. 1 bunch of methi leaves
8. 1 tsp turmeric and garam masala
9. 1 tsp red chili powder and mustard seeds
10. Salt to taste

Directions:

1. Pre-cook moong dal, toor dal, and masoor dal and cut up methi (fenugreek) leaves in a pressure cooker or InstaPot.
2. Cut onions and tomatoes into small pieces.
3. Heat grapeseed oil in pan. Fry onions and ginger garlic paste
4. Add tomatoes and spices.
5. After vegetables have cooked, add cooked moong, toor and masoor dal with methi leaves.
6. In a small pan, fry mustard seeds in 1 tsp of ghee or olive oil with curry leaves.
7. Serve hot with rice, paratha or roti.

Notes:

As Hinduism has heavily emphasized on vegetarianism, lentils (dal) are widely cooked throughout South Asian cuisine. Dals can be made in a variety of diverse ways and have unique properties from all South Asian nations.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Moong dal is rich in potassium, magnesium, iron and copper. Masoor dal is also rich in Vitamin B6, Vitamin B2, folic acid, potassium, calcium and zinc. Toor dal helps to reduce overall LDL cholesterol and can be beneficial for heart patients. All three dals are excellent sources of protein. Methi or fenugreek leaves are high in soluble fiber and promote better regularity. It also contains ample amounts of Vitamins A, B6, C and K. Vitamin A is needed for skin, eyes and maintenance of reproductive organs. Vitamin B6 is needed for the protein metabolism for energy production. Vitamin C is needed to maintain the skin and gums and is an immune booster. Vitamin K clots the blood and is needed for the immune system. In Ayurveda, mustard seeds are excellent for indigestion and relieve discomfort and gas. Ghee helps to balance all the Ayurvedic doshas (vata, pitta and kapha), and contains all the fat-soluble vitamins, A, D, E and K. However, because ghee is high in saturated fat, it should be taken in small quantities (no more than 1 tsp per day).