

Heart Healthy Recipe Exchange

Chayote (Chow Chow)

Kootu

Category: Lunch/Dinner

Description: Main Dish



From the Kitchen of:
Syamala Jagannathan

(Image: courtesy Nithya Anantham, with thanks)

Servings:	4
Prep Time:	20 minutes
Total Time:	20 minutes

Ingredients:

1. 1 large chayote (peeled, de-seeded and chopped into small cubes)
2. ¼ cup moong dal
3. 1/8 tsp turmeric powder
4. 1.8 tsp asafetida (Hing)
5. Salt to taste
6. 1 red chili

Directions:

1. Wash moong dal, add it to a pot and put in pressure cooker. Add cubed chayote, turmeric, asafetida, and salt.
2. Add 1 cup of water, and make sure all ingredients are immersed in the water.
3. Pressure cook for 3 whistles or cook for 5 minutes with pressure on.
4. Grind coconut, red chili, black pepper/rice flour (optional), and cumin seeds with a little water making a slightly coarse paste.
5. Remove the pot from pressure cooker once the pressure is released.
6. Add the ground paste in cooked dal/vegetable. Mix well and bring to a boil, using a ladle to prevent burning for 5 minutes.

7. ½ tsp cumin seeds

8. Optional: ¼ of black pepper and
½ tsp rice flour

9. 2 tsp ghee or oil

10. ½ tsp mustard seed

11. 1 tsp urad dal

12. 1 sprig of curry leaves

7. Add a little water; if it is too thick, cook
for another minute.

8. Temper with mustard seed, urad dal,
and curry leaves in either ghee or oil.

9. Add this to kootu and mix well.

10. Serve hot with cooked rice with ghee
or roti.

Notes:

Kootus are lentils and vegetable stews that are immensely popular throughout Southern India. They make excellent vegetarian dishes and are eaten either with rice, roti, chapati or puri. Regional variations of kootus contain a variety of different vegetables.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Chayote or chow chow has an excellent source of folic acid and small quantities of a variety of other minerals and vitamins. Asafetida and turmeric are anti-inflammatory agents. Black pepper is excellent source of manganese and promotes wound healing. Moong dal improves digestion and heart health. Cumin is helps to prevent disease like heart disease and high blood pressure. Urad dal has antioxidant properties for promoting heart, liver and kidney health. Ghee can be used, but people who have high cholesterol can cook kootus with a monounsaturated oil like olive or canola oil.