

Heart Healthy Recipe Exchange

Mint (Pudina) Thogayal

Category: Lunch/Dinner

Description: Accompaniment



From the Kitchen of:
Meena Swaminathan

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

Ingredients:

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1. 2 bunches of mint leaves

 2. 3 tsp of urad dal

 3. 1 ½ tsp chana dal

 4. 6 red chilis, or less depending on spice preference

 5. ½ tsp oil

 6. ½ tsp salt per taste

 7. 1 tsp of tamarind paste

 8. ¼ tsp of asafetida

 9. ½ tsp of brown sugar

Directions:

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1. Wash the mint leaves and drain the water in colander.

 2. Put the skillet on the stove on medium heat. Add oil, two dals and chilies. Fry them stirring often.

 3. When the dals turn golden brown in color, transfer them to a bowl for cooling.

 4. In the same skillet, add mint leaves and stir them for a few seconds, then switch off heat.

 5. Add dal mixture, mint leaves and all other ingredients in a blender and grind them, adding water as needed.

 6. The final product should be a little coarse

 7. Serve with rice, curd rice, chapati or bread.

Notes:

Thogayal, also known as chutneys, are very unique to Southern Indian cuisine and often serve as an accompaniment. They can be mixed with rice, dal and vegetables. Thogayals can range from mild to spicy and can add flavor to a dish.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Mint leaves or pudina have numerous health benefits in Ayurvedic medicine. They can help with the immune system, help with morning sickness during pregnancy, freshen breath, reduce stress levels, and alleviates both asthma and allergies. Chana and urad dals have excellent sources of fiber and help with heart disease. Red chilis speed up the body's metabolism and provide an abundance of Vitamin C. Tamarind increases the HDL cholesterol levels, and reduce LDL cholesterol levels, which is beneficial for lowering the risk of heart disease.