

Heart Healthy Recipe Exchange

Lemon Rice

Category: Lunch/Dinner

Description: Main Dish

From the Kitchen of
Uma Vasudevan

(Image: courtesy Bhavana Patil – Indian Veggie Delight, with thanks)



Servings:	2
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

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1. 1 cup of cooked basmati rice

 2. 2 tsp of oil and ½ tsp of ginger

 3. A pinch of asafetida

 4. 1 tsp of mustard seeds

 5. ½ cup of curry leaves

 6. 1 whole red chili

 7. 1 tsp turmeric powder

 8. 1 tbsp of lemon powder

 9. 1 tsp of chana dal and urad dal

 10. 2 tbsp. of coriander leaves chopped and 2 tbsp. of peanuts

Directions:

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1. Heat oil in a pan. Add mustard seeds and let it splutter.

 2. Add asafetida, curry and coriander leaves, ginger, red chili, chana and urad dal. Sauté all ingredients well.

 3. When the seeds begin to splutter, add peanuts and turmeric powder followed by rice.

 4. Turn around a few times so the rice is completely mixed.

 5. Add salt and lemon juice to the rice and mix well.

 6. Serve hot.
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Notes:

Lemon rice is a commonly made in Southern Indian cooking, and can be used for both casual and formal occasions. It can be eaten both at lunch or dinner, and made with a variety of different spices.

Comments on Nutritional Value (Dr. Divya Selvakumar):

Lemon juice contains an excellent amount of Vitamin C and is a popular flavor for many dishes. Mustard seed contains excellent amounts of magnesium, phosphorus, folate, and Vitamin B1 (thiamine). Red chili powder and turmeric are anti-inflammatory spices. Coriander leaves have a high amount of Vitamin A, Vitamin C, and Vitamin K, while curry leaves are a rich source of iron, calcium, and beta-carotene. Urad and chana dal are high in folate and protein. Asafetida has ample amounts of Vitamin B2, Vitamin B3, iron, phosphorus, and calcium. Peanuts are an excellent source of protein, but can be avoided for allergy reasons.