

Lentils with Millet or Oats or cracked wheat (Dalia / Khichadi / Soup)

(Recipe by Priyanka Adnani)

Note: This preparation can be eaten at breakfast or as a soup for lunch

The Millet and oats are gluten-free.

It is suitable for a Diabetic – Use Millet or Oats and cut down potato

Ingredients: Serves 2-4

- Half Cup hulled Millet- South Indian white variety or steel-cut oats (gluten-free) or coarse Dalia
- Half cup lentils of your choice –split moong preferred but can use mixed lentils

Garnish

1. Half medium onion diced (optional)
2. one green pepper diced
3. Half cup carrots diced
4. Fistful of green peas
5. One medium potato finely diced (If diabetic cut down on potato)
6. Two tomatoes diced or blended
7. One teaspoonful ginger pounded
8. Half teaspoon cumin seeds
9. Half teaspoonful mustard seeds
10. One tablespoon cooking oil- Sesame oil or Coconut oil or a mix of the two
11. Lemon juice from one tablespoon or less per your taste
12. Green Coriander and Curry leaves for garnish
13. Salt to taste
14. One tablespoon Roasted coarsely pound Peanuts

Instructions

1. Mix and soak oats with lentils overnight.
2. Cook oats/lentils mixture on the regular stovetop in 4-6 cups water until lentils are soft.
(Do not pressure cook as it overcooks the lentil and grains making these high glycemic).
3. In another pot, heat oil add the mustard and cumin seeds.
4. When seeds are cracking, add carrots, potatoes, curry leaves, ginger and salt to taste.
5. Once the potato is soft add tomatoes, green peas and green/ Red pepper, cook for 5-6 mins
6. Finally, add the cooked oatmeal/lentil mixture.
7. Simmer for 5 mins, add more water if needed to make consistency of your choice.
8. Add lemon juice and coriander for garnish.
