

A collage of various healthy food items including sliced papaya, walnuts, almonds, granola, and baked goods like bread and cookies, arranged around a central yellow rectangle.

HEALTHY FOOD

Healthy Lifestyle



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Ingredients -

1 cup red rice poha, 1 onion, 1 tomato, 1/2 cup grated coconut, 1 tbsp chana dal, a few peanuts, 1 sprig of curry leaves, coriander leaves to garnish, 1 tsp mustard seeds, 2 - 3 tbsp of groundnut oil, chilies for taste, salt as required.

METHOD

1. wash the poha 2 - 3 times and keep it aside.
2. add oil to the wok, once the oil is warm, add mustard seeds to splutter, then add chana dal and peanuts, and roast them till light brown.
3. add curry leaves, after it splutters, add chopped onion.
4. saute well, and add chopped tomato.
5. once the tomatoes turn mushy, add the chilies, a pinch of turmeric, and salt, and give it a nice mix.
6. add poha, and mix well.
7. turn off the stove, add coconut and coriander and mix well.
8. serve warm.