



WELLNESS ROOTS

By Kavita Sabhnani



Moong Dal Spinach Idli

Ingredients

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| Yellow Moong Dal | 1/2 cup |
| Green Chilli | 3 |
| Salt | 1/2 Tsp |
| Spinach | 3/4 cup |
| Yoghurt (curd) | 2 tbsp |
| Refined Oil | 2 tsp |

Preparation

1. For making this South Indian recipe, combine the overnight soaked yellow moong dal, spinach and green chillies and blend in a mixer to a smooth paste without using water.
2. Transfer the mixture into a bowl, add curd and salt. Mix well.
3. In the meantime, grease the idli moulds using refined oil.
4. Fill them with idli batter and steam in a steamer for 12 to 15 minutes or till the idlis are cooked.
5. Garnish with tempering of curry leaves and poppy seeds.

