Recipes for:

1. Prana Dal with Leafy Greens and Carrots

2. Basmati Rice

3. Salty Digestive Lassi

1. Prana dal with leafy greens and carrots

Ingredients:

• 1 cup moong dal
• 2 cups chopped spinach
• 1 teaspoon chopped ginger
• 1/2 teaspoon turmeric
• 1 and 1/2 teaspoon salt (adjust to taste)
• 4 cups water
• 1/4 teaspoon garam masala
• 1 tablespoon finely chopped cilantro

Chaunk (seasoning):

• 2 tablespoon ghee or clarified butter
• 1/2 teaspoon cumin seed (Jeera)
• Pinch of asafetida (hing) (in winter)

Directions:

1. Wash dal changing water several times till water becomes clear.
2. In a pressure cooker put dal, ginger, turmeric, salt, and water and close the cooker.
3. Cook over medium-high till dal comes to boil.
4. Now reduce the heat to medium and let it boil for about seven minutes.
5. Close the heat and let the steam escape before you open the pressure cooker.
6. Boil carrots until slightly tender. Also, cook spinach slightly.
7. Add spinach and carrots to dal and stir.
8. Adjust the consistency of dal to your desire taste, adding boiled water as needed and mix it.
9. Add garam masala.
10. Garnish with finely chopped cilantro
2. Basmati Rice

Ingredients:

1 cup basmati rice
2- cups water
Sea salt to taste
1 tablespoon of ghee
1 bay leaf
2-3 whole cloves
½ teaspoon of whole cumin seeds
1 small stick cinnamon
1 brown cardamom
1-2 green cardamom

Directions

1. Wash the rice in several changes of water
2. Soak in water for about 10-15 minutes and then drain and keep aside
3. Heat the ghee on medium heat in the pan you plan to cook your rice in.
4. As it heats, add cinnamon stick, cloves, cardamom, and cumin seeds in that order.
5. Wait till the cumin splutters and changes color to a darker brown.
6. Lower the heat and add drained rice to this.
7. Add the salt and water and raise the heat to high. Bring it all to a boil.
8. Once the water is absorbed, lower the heat to the lowest setting and cover the pot with a lid.
9. Leave the rice covered for 5-7 minutes.
   Rice is ready to eat. Serve with dal and enjoy.

3. Digestive salty lassi

Ingredients

1 cup room-temperature water
½ cup yogurt
1 pinch ground ginger
1 pinch ground roasted cumin
1 pinch salt or rock salt (if available)
½ teaspoon finely chopped cilantro

Directions

Blend all ingredients together for one minute and drink after lunch – at room temperature