



Quinoa Khichdi Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/4 1/4 Cups Quinoa (Soaked for 3-4 hr)
- Cup Moong Dal
- Tablespoons Oil
- 1/2 1/2 Teaspoon Mustard Seeds
- 1/2 1/2 Teaspoon Cumin Seeds
- Onion
- 1/2 1/2 Cups Chopped Vegetables (Carrots, Beans, Cauliflower, Potatoes, Peas)
- Tablespoon Ginger (Cut Into Strips)
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Cups Water
- gms Leaves Coriander
- Pinch Salt (To Taste)

Instruction

1. Wash and soak the Quinoa for 2-3 hrs. Wash and soak moong dal for 15-20 mins.
2. Heat oil in a pressure cooker, add mustard seeds, cumin seeds and allow them to splutter. Add onion and saute till transparent, add ginger, green chillies, mixed vegetables and cook for 5 minutes while stirring occasionally. Now add turmeric powder, red chilli powder and mix well.
3. Add soaked quinoa and moong dal. Mix well and add water. Bring the mixture to a boil. Add MAGGI Masala-ae-Magic, coriander leaves. Adjust salt to taste. Close the lid of the pressure cooker and cook for 2-3 min after the first whistle.
4. Allow the pressure to release and serve hot.

Nutrition

Carbohydrates	65.17 g
Energy	468.76 kcal
Fats	15.51 g
Protein	18.3 g

22 Minutes

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