

Dr. Annapoorna Kini's Spinach Moong Dal

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Ingredients

100 calories per serving

Cost per Serving \$5.00 per serving

Makes 2 servings

½ Tsp. Ginger garlic paste

1 Tbsp Olive oil

6 cloves, chopped finely

Pinch of Turmeric

1 medium onion, chopped

Salt - to taste.

2 Green chili's, sliced

½ Cup Split moong dal

1 large bunch of Spinach

1 Tbsp. Urad (black gram) dal

1 spring Curry leaves

Preparation

Heat the oil in a deep non-stick pan and add the urad dal, garlic, green chilies, onion and sauté on a medium flame for 1 minute.

Then add ginger garlic paste, turmeric powder, curry leaves, chopped spinach and cook it till oozes out of the gravy.