



A Protein-Rich Meal For A Diabetic Meal

Dinner:

Dal Vegetable Curry + Ragi Sprouts Salad

Ingredients Required:

-choose any one- {Moong dal (split green gram), Masoor dal (red lentils), Toor dal (pigeon peas), Chana dal (split chickpeas), Urad dal (black gram)}

Quinoa/Brown rice/Oats:

Vegetables -choose any- (spinach, kale, collard greens, Swiss chard, lettuce, broccoli, cauliflower, Brussels sprouts, cabbage, Tomatoes, Cucumbers, Green beans, Onions and garlic, Mushrooms, Peas.)

Recipe for Dal Vegetable Curry cooked in a pressure cooker:

1 cup of your choice of soaked dal (Moong dal, Masoor dal, Toor dal, Chana dal, Urad dal)

1/2 cup of soaked quinoa, brown rice, or oats (rinsed and drained)

2 cups of mixed vegetables (spinach, kale, broccoli, cauliflower, tomatoes, onions, garlic, mushrooms, peas, etc.), chopped

1 onion, finely chopped

2 tomatoes, chopped

3 cloves of garlic, minced

1-inch piece of ginger, grated

1 green chili, chopped (optional)

1 teaspoon cumin seeds

1 teaspoon turmeric powder

1 teaspoon coriander powder

1 teaspoon garam masala

Salt to taste

2 cups of water

2 tablespoons of oil or ghee

Fresh cilantro/coriander leaves for garnish

