

Healthy Eating

We all know the benefits of healthy food choices but you may wonder how to find great recipes that also taste wonderful. I want to share one of the most nutritional and tasty meals I've ever made and hope you'll now have a great start (or addition) to your healthy recipe file. This is a combination of mung dahl beans, basmati rice, and some of the finest spices we could put into our bodies. It is also very easy to digest and saves us energy for other tasks in our lives. Additional notes on the ingredients can be found after the recipe.

Kichari (Indian Beans and Rice dish)

Makes 2 servings

¼ cup organic basmati rice
1/8 cup yellow mung dahl
2 cups water
1 teaspoon ghee
¼ teaspoon each: coriander, cumin, turmeric, fennel, ginger
1 teaspoon chopped fresh cilantro leaves (optional)
½ teaspoon salt



1. Combine rice and mung dahl in a stainless steel vessel. Wash rice and dahl well by covering with water, swirling, and draining.
2. Add water and bring to a boil. Reduce heat to a simmer and continue cooking for about 1 hour. Cook longer for a thicker consistency.
3. When the above is almost complete, heat the ghee in a separate pan.
4. Add the spices to the hot ghee and sauté briefly—about 30 seconds or until lightly browned and aromatic.
5. Add the sautéed spice and ghee mixture to the cooked rice and dahl and remove from heat.
6. Add salt and mix well.
7. Garnish with fresh cilantro, if desired, and allow flavors to blend for 5-10 minutes before serving.
8. Carrots, zucchini, or other cooked vegetables can be added, if desired.

Notes;

- For more servings, increase measurements proportionately.
- Kichari can be made in a pressure cooker or a rice cooker as well. It should be a moist consistency.
- For higher protein content, double the mung dahl.
- Mung dahl is orange in color and can be found in the bulk food section at Natures Market, a health food store on Washington Street in Holland.
- The organic basmati rice and ghee can be found at Natures Market also, though they're more common.

- The spices are really good to have in the kitchen anytime. Especially the ginger and turmeric for they are anti-inflammatory spices and help reduce joint inflammation on a continual basis.
- I leave the mixture quite wet and find that it gets soaked up overnight.
- This dish is a powerhouse of nutrition and flavor.
- Eat well my dear friends and be healthy.