

DAY-20

NAME: NICHETHA.D

CHALLENGE: GREENEST

SCHOOL NAME: National Public school, Agara

INSTAGRAM ACCOUNT: go.greenenergy_365

FLOSAN FOOD PREPARATION



D.Nichetha

FOOD RECIPE

- 1) BROWN CHANA SUNDAL
- 2) KOSAMBARI
- 3) MIXED VEGETABLE DAL RICE
- 4) FRUIT SALAD

Brown Chana Sundal



IMPORTANCE:

- Rich in Protein & Fiber: Provides essential nutrients for energy, digestion, and overall health.
- Low Glycemic & Nutrient-Dense: Helps regulate blood sugar while supplying iron, magnesium, and B-vitamins.
- Cultural Significance: A traditional South Indian dish, often prepared during festivals as a healthy and auspicious snack.



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you'll need:



INGREDIENTS



- 1 cup brown chana (chickpeas)
- Salt to taste
- 1 tbsp oil
- ½ tsp mustard seeds
- ½ tsp urad dal
- ½ tsp chana dal
- 1 small onion, finely chopped
- 2–3 dried red chilies (or to taste)
- 2 tbsp grated coconut
- A few curry leaves
- Fresh coriander leaves for garnish

STEP BY STEP INSTRUCTIONS



Soak & Cook Chana:

1. Soak the brown chana in water for 8 hours.
2. Add the soaked chana and a pinch of salt to a pressure cooker.
3. Cook for 6–7 whistles until soft.
4. Drain the chana and set aside separately.



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Prepare Tempering:

- Heat oil in a pan over medium heat.
- Add mustard seeds, urad dal, and chana dal. Let them sizzle.
- Add chopped onions and sauté for 1 minute until slightly golden.

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Make Coconut-Chili Paste:

- In a blender, grind dried red chilies, grated coconut, and curry leaves into a coarse mixture.

Combine & Cook:

- Add the coconut-chili mixture to the pan with the sautéed onions and dals.
- Cook and sauté for 2–3 minutes, allowing the flavors to blend.

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KOSAMBARI



IMPORTANCE:

- **Healthy & Nutritious:**
- Made with moong dal, cucumber, and coconut, this dish is rich in protein, fiber, and vitamins, making it a light and refreshing option during festivals.
- **Aids Digestion:**
- The combination of soaked dal, fresh cucumber, and coconut helps in digestion and keeps the stomach light, which is ideal for festive meals.
- **Cultural Significance:**
- Kosambari is a must-have in traditional Karnataka functions and festivals. No celebration—from Ugadi to weddings—is considered complete without this dish.



you'll need:



INGREDIENTS



- 1 cup moong dal (split green gram)
- 1 small cucumber, diced
- 2–3 tbsp grated coconut
- 1–2 green chilies, finely chopped (adjust to taste)
- 1 tbsp oil
- ½ tsp mustard seeds
- ½ tsp urad dal
- ½ tsp chana dal
- A few curry leaves
- Salt to taste

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STEP BY STEP INSTRUCTIONS



Soak Dal:

Soak the moong dal in water for 1 hour.

Drain the water completely.

Prepare Vegetables & Mix:

Dice the cucumber into small cubes.

Grate the coconut.

In a bowl, combine the soaked moong dal, cucumber, coconut, and chopped green chilies.

Mix well.



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Prepare Tempering:

- Heat oil in a small pan over medium heat.
- Add mustard seeds, urad dal, chana dal, and curry leaves.
- Sauté for 20–30 seconds until aromatic.

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Combine & Serve:

- Pour the tempering over the moong dal mixture and mix gently.

Kosambari is ready to serve .

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Finish & Serve:

- Add the cooked chana to the pan and mix gently.
- Garnish with fresh coriander leaves.
- Serve warm as a snack or side dish.

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MIXED VEGETABLE DAL RICE



IMPORTANCE:

- Nutritious & Balanced:
- Combines dal, rice, and vegetables, providing protein, carbohydrates, vitamins, and minerals in a single wholesome meal.
- Easily Digestible & Suitable for All Ages:
- The soft, cooked dal and rice with vegetables make it light on the stomach, and even small babies from the age of 6 months can safely enjoy it.



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you'll need:



INGREDIENTS



- 1 cup toor dal (pigeon peas)
- 1 cup rice
- 1 cup mixed vegetables (carrot, potato, beans, peas, or vegetables of your choice), diced
- onion
- tomato
- 2 tbsp ghee
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1–2 dried red chilies or green chilies, broken into pieces
- A few curry leaves
- Salt to taste
- Water as needed

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Prepare Tempering:

- Heat ghee in a pan over medium heat.
- Add cumin seeds, mustard seeds, broken chilies, and curry leaves.
- Sauté for 20–30 seconds until aromatic.
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STEP BY STEP INSTRUCTIONS



Wash & Cook Dal-Rice with Vegetables:

- Wash and clean the toor dal and rice.
- Chop the vegetables into small cubes.
- chopped onion and tomato
- Add the dal, rice, and vegetables to a pressure cooker with enough water some chill powder and salt.
- Cook for 2–3 whistles until the dal and rice are soft.
- Turn off the heat and let the pressure release naturally.



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Combine & Serve:

- Pour the tempering over the cooked dal-rice-vegetable mixture.
- Mix gently to combine.
- Serve hot as a wholesome, comforting meal.

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FRUIT SADAL



IMPORTANCE:

- Aids Digestion – Fruits are rich in dietary fiber, which helps food move smoothly through your digestive tract and prevents constipation.
- Boosts Nutrient Intake – Even after a meal, fruit salad provides extra vitamins, minerals, and antioxidants that support immunity and overall health.
- Helps in Weight Management – Fruit salad can satisfy your sweet cravings in a healthy way without added sugars or processed desserts.



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you'll need:



INGREDIENTS



- 1 small apple, diced
- 1 banana, sliced
- ½ cup pomegranate seeds
- 2 tbsp mixed nuts (cashews, almonds, walnuts), chopped
- 1–2 tsp honey (adjust to taste)
- Optional: a few mint leaves for garnish



Prepare Fruits:

- Wash and dice the apple.
- Peel and slice the banana.
- Remove seeds from the pomegranate if not already done.
- Mix Fruits & Nuts:
 - In a bowl, combine the apple, banana, pomegranate seeds, and chopped nuts.
- Add Honey & Serve:
 - Drizzle honey over the mixture.
 - Toss gently to coat all the fruits evenly.
 - Garnish with mint leaves if desired.
- Serve immediately as a refreshing and healthy snack.



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NICHETHA

THANK YOU!

Stay healthy and keep cooking with love!



PREPARED FOOD FOR TWO PEOPLE

Instagram post (link)

https://www.instagram.com/p/DQEXVIgiKsf/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

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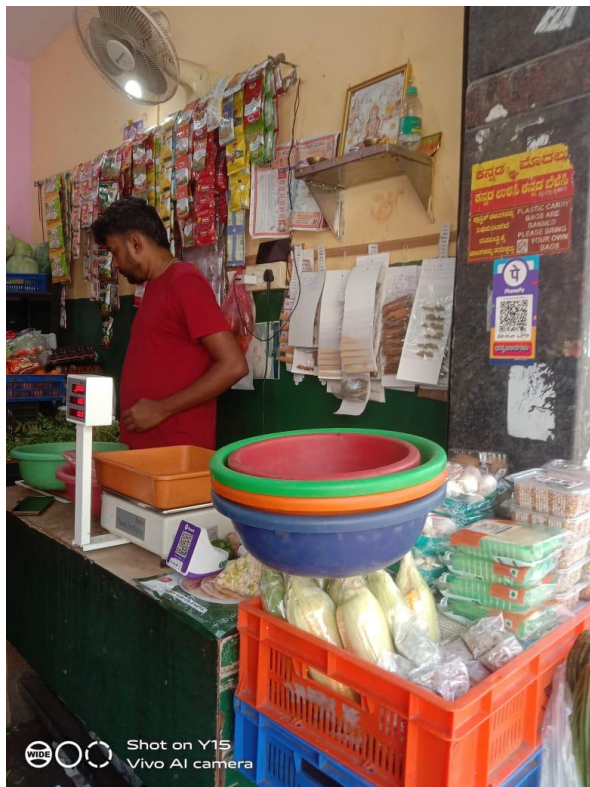
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VEGETABLES AND SUM INGREDIENT WERE SHOPPED FROM LOCAL VENDORS



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PRICEING

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Recipe	Ingredient	Quantity	Price (INR ₹)	Price (USD \$)
Brown Chana Sundal	Brown Chana (Chickpeas)	1 cup (200g)	₹50	\$0.61
	Oil	1 tbsp	₹10	\$0.12
	Mustard Seeds	½ tsp	₹2	\$0.02
	Urad Dal	½ tsp	₹2	\$0.02
	Chana Dal	½ tsp	₹2	\$0.02
	Onion	1 small	₹10	\$0.12
	Dried Red Chilli	2-3 pieces	₹2	\$0.02
	Grated Coconut	Few leaves	₹2	\$0.02
	Corry Leaves	Few leaves	₹5	\$0.06
Moong Dal Kosambari	Moong Dal (split green gram)	1 cup (200g)	₹50	\$0.61
	Cucumber	1 small	₹15	\$0.18
	Grated Coconut	2-3 tbsps	₹10	\$0.12
	Green Chili	1-2 pieces	₹2	\$0.02
	Oil	1 tbsp	₹10	\$0.12
	Mustard Seeds	½ tsp	₹2	\$0.02
	Urad Dal	½ tsp	₹2	\$0.02
	Chana Dal	Few leaves	₹2	\$0.02
Ma yānṛ Vegetable Dal Rice	Toor dal (prigon peas)	1 cup (200g)	₹50	\$0.61
	Rice	1 cup (200g)	₹30	\$0.37
	Mixed Vegetables	1 cup (150g)	₹30	\$0.37
	Ghee	2 tbsp	₹30	\$0.37
	Cumin Seeds	½ tsp	₹2	\$0.02
Fruit Salad	Mut Leaves (முதுகாய்)	Few leaves	₹1	\$0.06
Total		₹95	\$1.16	\$1.71