



# Khichdi

The Good Old Indian Staple

A Specially Curated Cookbook from  
Luke's Holistic Kitchen

Presented by  
**YOU CARE**<sup>™</sup>  
All about YOU  
By LUKE COUTINHO<sup>®</sup>



"Food is medicine and bliss."  
*-luke coutinho*

Food possesses the power to heal. And when cooked within the framework of nature and with quality ingredients, it can serve as medicine. Over the last eight years of working with patients with an array of conditions from across the globe, we have been striving to transform people's perception of nutrition. Our approach empowers them to view nutrition from a holistic lens, change the narrative that terms food as good or bad, and improve their relationship with food.

Luke often says, "It isn't about good nutrition but effective nutrition. Today, many of us face various deficiencies despite access to the best nutritionists, supplements, and superfoods. This means that there is a gap between what we eat, the quality of food, and how much of the food we consume gets absorbed in our body and reaches our cells."

And so, Team Luke specializes in advanced cellular nutrition to encourage nutrition that acts at a cellular level to maximize vitamin and minerals absorption and effectiveness.

One step forward in this mission was to conceptualize and launch Luke's Holistic Kitchen - your one-stop for all things holistic nutrition. Our mission is to educate and empower our You Care community to understand that nutrition goes beyond the food we eat. It also includes how we chew, digest, and absorb it. To ensure this, we equip you with the know-how of nutrition synergy, food combinations, bioavailability, bio-absorption, and other important aspects.

With carefully curated and handpicked recipes, clean and ethically sourced ingredients, and easy-to-follow instructions, we help you access the goodness and benefits of food the way you should be able to in your own kitchen.

**You can now be a part of this food revolution.**





# LUKE'S

## HOLISTIC KITCHEN

### ensures:



#### **Food synergy**

Food synergy is the interaction between two or more ingredients in a way that benefits its absorption and bioavailability. For eg: The presence of black pepper increases the absorption of turmeric in the food manifold. Similarly, iron is best absorbed in the presence of vitamin C. The recipes under LHK are curated with a lot of thought around this to ensure you reap the maximum benefits from a dish.



#### **Right cooking methods**

Do you know you can render a healthy ingredient useless just by cooking it the wrong way? For eg: Extra virgin olive oil is great when used for raw consumption, but becomes useless when used for high-heat cooking. LHK ensures the right cooking practices whether it's chopping, cleaning, thawing, or tempering are practiced throughout.



#### **Superior quality ingredients**

The environment around us is constantly degrading - food, air, water, soil, and even farming practices. We understand that the problem is real. Through our work, we get the opportunity to come across farmers and vendors doing clean and ethical work in this space and producing superior quality food. LHK ensures the right ingredients are sourced from the farm to the table.



#### **Psychological satisfaction**

Food is supposed to make us feel good, satisfied, and happy! If it leaves one feeling sad, guilty and dissatisfied, then there is a huge gap. LHK focuses on bridging this gap through creating and constantly discovering dishes that are not just nutritious at a cellular level but also satisfying.

## Why Is Khichdi A Holistic Superfood?

If India were to name a national dish, it would be the classic Khichdi. This blend of rice and lentils has been a staple for Indians for centuries now. From the travels of Jean Baptiste Tavernier in the 1600s to the kitchens of the Mughal era that gave the humble dish an imperial twist, khichdi has found various mentions throughout history.

Beyond its modest appearance and taste lie innumerable health benefits that we all need to acknowledge. Deemed an ideal protein, it packs a nutritional punch and is super beneficial for your gut and digestive system. Another reason why it is often prescribed as comfort food for those recovering from a bout of illness.

Even Ayurveda sings praises of this nutritious dish for its recouping and healing abilities. The ancient texts point out that it helps adjust the three doshas or energies that influence our physical and mental processes. Khichdi is also known to help cleanse and rejuvenate our system, improve liver function, and evade conditions like ulcers and acidity.

While the ordinary khichdi has no flavors to assist this, adding basic spices like turmeric (haldi) and cumin (jeera) can upgrade its healing properties. While turmeric is highly anti-inflammatory and provides relief from different respiratory conditions, sensitivities, and liver issues, cumin seeds add flavor, boost immunity, and improve blood sugar levels.

Khichdi provides you with a blank canvas to play with. You can make it fiber-rich by adding a blend of seasonal vegetables or add fresh leafy greens for an iron-rich Palak Khichdi. You can also experiment by adding curd and whipping a probiotic khichdi for an upset stomach. These are only a few among the numerous khichdi combinations you can create with readily available ingredients in your kitchen.

India alone boasts of a diverse culture where every city, region, and state brings to the table its own variation of the khichdi. We at You Care want to pay tribute to this iconic dish through this specially-designed booklet that brings to you 10 khichdi recipes that strike the delicate balance between taste, health, and flavor. So, if you love khichdi as much as we do, we hope you love and spend time creating and devouring these recipes with your kith and kin.



“Chew your food.  
That’s the first rule  
in nutrition and  
lifestyle.”

-luke coutinho



# What makes Khichdi a balanced meal?



**What makes khichdi so special and complete?**

**Why do we suggest it so often to our clients?**

**Why is it an integral part of our daily meals?**

While there are many reasons, one thing that stands out for us is that it is a complete meal in itself.

The beautiful combination of cereal (rice) and pulse or lentil (dal) is what makes khichdi wholesome.

Lentils and pulses have an amino acid called lysine which cereals do not have, and cereals have all the sulfur-based amino acids like methionine and cysteine, which lentils don't have. So, together they complement each other and provide all nine amino acids needed for a complete protein meal.

Most of our clients, whether homemakers, kids, corporate professionals, sportsperson, businessmen, actors, pilots, pregnant mums, or senior citizens, embrace khichdi in their meal plans and for several reasons, listed below.

"A happy heart and mind digest better."

- *luke coutinho*



## 7 Reasons Why We Love Khichdi

- Simple and balanced
- Complete protein
- Quick to prepare
- Easy to digest
- Satisfying and comforting
- High nutritional bioavailability
- Versatile



"You can change the energy of your food by taking a minute to bless it and offer gratitude."

-luke coutinho

## Moong Khetchir - Kashmiri Khichdi

Khetchir is traditionally served as a sacrificial offering to the local deities on Khetsimavas, a religious folk festival in Kashmir. It is simple, nutritious and an easy one-pot meal prepared simply with horse gram (kulith dal) and rice. Moong Khetchir is protein-packed comfort food that you can carry in your lunch box too. When served with curry or raita, it makes for a fulfilling meal.



Serves - 4



Preparation time  
20 minutes



Total cooking time  
15 minutes



### Ingredients

- 1 cup pre-soaked horse gram/kulith dal
- 4 tsp desi ghee
- 1 tsp cumin seeds/jeera
- 2 cups Kashmiri raw rice
- 1/2 tsp turmeric powder
- 2 tsp ginger (grated)
- 4 cups water
- 2 green chilies (slit)
- Salt



### Method

- Heat oil in a pressure cooker. Add cumin seeds and roast them well.
- Add kulith dal and stir it for two to three minutes on medium heat.
- Add two cups of rice to the cooker. Stir well.
- Add turmeric powder, green chilies, ginger, and salt. Mix well. Add water next.
- Pressure cook it on high flame for three whistles.
- Turn off the heat. Serve hot with a few drops of fresh ghee.



### Nutritional info per serving

**Total Calories: 120kcal**

**Total Carbohydrates: 22.34g**

**Total Protein 12.4g**

**Total Fat: 3.5**



### Notes

Horsegram is a miracle superfood rich in nutrients like iron, calcium, protein, and phosphorus.

The complete cereal, pulse, and antioxidant-packed combination in this khichdi make it suitable for children and senior citizens, too.

Use other dals as per the availability. You can also use split moong or masoor dal.

Add vegetables as per choice and seasonal availability.



**Power Tip: By soaking the dals, you remove harmful nutrients and activate the benefits of the seeds, which increases their value manifold.**



"You never have to advertise healthy natural food. It has its own value. But you need to burn marketing money to deceive and fool people into buying junk food portrayed as healthy."

-luke coutinho

## Bhunji Bihari Khichdi

This special comforting mixture of raw rice, yellow moong dal, and assorted vegetables has a distinctive taste with the rich flavor of hand-pounded spices and the goodness of shudh desi ghee.



Serves - 4



Preparation time  
20 minutes



Total cooking time  
30 minutes



### Ingredients

- 1 cup raw rice
- 1/2 cup split yellow moong dal
- 1/2 cup whole masoor dal
- 1 cup mixed vegetables (beans, carrot, and pumpkin or sweet potato)
- 2 tbsp desi ghee
- 1 dried red chili
- 1 bay leaf/tej patta
- 1 tsp cumin seeds
- 1 tbsp ginger-garlic paste
- Salt to taste



### Method

Wash and soak the rice and dal separately.

Heat two tablespoons ghee in a pressure cooker, add the dry red chili, bay leaves, star anise, cumin seeds, and ginger-garlic paste.

Sauté till it emits a fine aroma. Add the masoor and moong dal next.

Add the rice and sauté for a few minutes. Now add the vegetables, three cups of water, and salt.

Close the lid and cook up to three whistles.

Meanwhile, roast all the spices and grind them into a fine powder.

Once it starts releasing steam, open the cooker, add the ground powder and two tablespoons of ghee.

Mix well and serve hot.

### To roast and powder

- 1 cardamom/elaichi
- 3 cloves/laung
- 1-inch Srilankan rolled cinnamon stick
- 1/2 tsp red chili powder
- 1/2 tsp 1 tsp cumin seeds/jeera
- 2 tsp coriander seeds
- 1 tsp fenugreek seeds
- 2 tsp garam masala
- 1/2 tsp turmeric powder



### Nutritional info per serving

**Total Calories: 234kcal**  
**Total Carbohydrate: 95g**  
**Total Protein: 14.3g**  
**Total Fat: 4.5g**

### Notes:

The rice, lentils, and turmeric in this khichdi nourish your body, aid digestion, and boost your heart health.

This humble one-pot meal is rich in protein and fiber.

It is loaded with essential vitamins and minerals such as vitamin C, vitamin B complex, magnesium, potassium, calcium, and phosphorus.

You can also use sprouts as a variation instead of the dal in this recipe.

**Power Tip: Make sure to use ghee rich in A2 beta-casein (a type of protein) called A2 ghee. As compared to other ghees in the market, it is easier to digest, more nutritious, and easily tolerated by people with lactose intolerance and irritated bowel syndrome (IBS).**

"Dieting doesn't mean eating less. It means eating more of what is good for you and less of what is not. Don't make food the enemy!"

-luke coutinho

## Special Chicken Hyderabad Khichdi

Hyderabad Khichdi is a humble blend of chicken, rice, and aromatic spices ground into a garam masala. It is a traditional recipe, with a Nawabi touch, easy-to-prepare, soulful food that the entire family would love to indulge.



Serves - 4



Preparation time  
45 to 60 minutes



Total cooking time  
20 to 25 minutes



### Ingredients

350g chicken breast  
4 tbsp pre-soaked masoor dal  
4 tbsp pre-soaked moong dal  
1/2 cup hand-pounded Sona Masoori rice  
2 medium tomatoes  
2 medium potatoes  
2 medium onions  
1 chili  
3 tsp ginger paste  
3 tsp garlic paste  
1 tsp turmeric powder  
2 tsp garam masala  
1 tsp red chili powder  
1 tsp coriander powder  
1 tsp cumin powder  
A pinch of asafoetida  
2 dried red chilies  
1/2 tsp pepper powder  
1 bay leaf/tej patta  
1 tsp fenugreek seeds  
1 tsp mustard seeds  
2 tbsp ghee  
2 cups water  
Salt as per taste



### Method

Wash and clean chicken carefully and chop it into bite-sized pieces. Marinate with half of the ginger-garlic paste, turmeric powder, red chili powder, and salt. Cover and refrigerate for 45 minutes. Now take a pressure cooker and add ghee. Followed by hing, bay leaves, pepper powder, dry red chilies, cumin seeds, fenugreek seeds, mustard seeds, and let them crackle. Add chopped onions and green chilies, and cook for five minutes. Add ginger-garlic paste next and sauté until golden brown. Now add chopped carrots and potatoes. Cover and cook well. Add the marinated chicken pieces and mix until evenly coated. Add tomato and other dry ingredients with salt next. Cover and cook until it emits a fine aroma and the gravy thickens. Now add the pre-soaked dal followed by rice. Add two cups of warm water and mix well. Cover with the lid and pressure cook for three to four whistles. Once done, serve hot with a dollop of ghee.

### Nutritional info per serving

**Total Calories: 437kcal**

**Total Carbohydrate: 64g**

**Total Protein: 19.2g**

**Total Fat: 9.2g**

### Notes

This chicken khichdi consists of 10 essential amino acids, making it rich and complete first-class protein.

Eating this khichdi with desi ghee can provide you with the right amount of macronutrients, complex carbs, and fat.

You can also add different vegetables as per availability for added fiber, vitamins, and minerals.



**Power Tip: Sona Masoori is unpolished rice with higher nutrient content and less starch than polished basmati rice.**



"If your diet leaves you feeling deprived and unhappy, it's the wrong diet for your body and mind. Change it. Achieve goals with an attitude of abundance. Deprivation psychologically affects our physical self and health."

-luke coutinho



## Haryanvi Bajra Moong Dal Khichdi

Among the main dishes of Haryana and Rajasthan, this much-loved recipe serves as a warm bowl of comfort significantly during the harsh winters. Cooked during all seasons with equal vigor, its creamy consistency and mild flavors set it apart. Relish it with raita, curd, homemade butter (white makhan), or a delish curry of your choice.



Serves - 4



Preparation time  
30 minutes



Total cooking time  
20 minutes



### Ingredients

- 1/2 cup pearl millet/bajra (presoaked for 12 to 14 hours)
- 1/2 cup split yellow lentils/moong dal (presoaked for 8 hours)
- 4 cups water
- 1/4 tsp turmeric powder
- 1 tablespoon A2 ghee
- 1 tsp cumin seeds/jeera
- A pinch of asafoetida/hing
- 1-inch piece ginger
- 2 green chilies (as per taste)
- 1 tbsp ghee for garnish
- 1/4 teaspoon nigella/onion seeds
- 1/4 cup sliced onions
- 1 tbsp garlic (crushed)
- 1/4 cup tomatoes
- 1/2 cup vegetables (diced - cauliflower, peas, spinach, or fenugreek leaves)
- 1 bay leaf
- A few curry leaves
- 1 tbsp coriander (finely chopped)
- Salt to taste



### Nutritional info per serving

**Total Calories: 265kcal**

**Total Carbohydrate: 38.2g**

**Total Protein: 11.2g**

**Total Fat: 6.1g**



### Method

Wash and soak the bajra in water 1 cm above the surface of the millets for 12 hours.  
In a pressure cooker, heat ghee on a low flame.  
Once it melts, add jeera, bay leaf, and curry leaves.  
Follow this by adding onion seeds and sauté for two seconds.  
Add green chilies, turning them over so that all sides are scalded.  
Add sliced onion and sauté until they become translucent.  
Add ginger and garlic and sauté for a few seconds.  
Add asafoetida powder and stir it into the masala.  
Add sliced tomatoes, diced, and chopped vegetables.  
Sauté for a few seconds.  
Now add the bajra and moong dal mix.  
Add salt as per taste and pressure cook for four to five minutes.  
Serve hot with a dollop of ghee.

### Notes

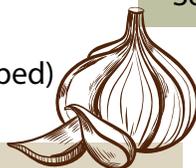
Bajra Khichdi is loaded with insoluble fiber that aids the digestive process and movement.

Bajra is good for gut health because it contains good amounts of omega-3 fats, potassium, fiber, and plant lignans.

This khichdi mixture is also good to incorporate in your everyday meals because it is rich in magnesium and promotes heart health.

You can replace pearl millets/bajra with sorghum/jowar grains or any other millets as per the availability.

**Power Tip: A combination of whole bajra and yellow moong dal with veggies makes it a complete protein, fiber, and iron-rich meal. It is healthier than a rice-based khichdi.**



"Idlis, dosas, poha, or paranthas don't make you sick and fat. Your overconsumption and poor lifestyle do. Stop blaming foods that have existed for decades. People had no health issues with them. Blame your lifestyle and attitude."

-lukecortinho



## Millet Pongal - Makar Sankranti Special Khichdi

Ven Pongal or Khara Pongal is a staple during the festive season of Makar Sankranti or Pongal in Tamil Nadu. With flavors from warm aromatic spices and a feeling of comfort with every morsel, Millet Pongal is a simple dish with the dual benefit of health and taste.

This millet khichdi is rich in protein and fiber and a perfect immunity booster. It is popular in various parts of India and known by different names - Khichdi in North India, Ven Pongal in Tamil Nadu, Khara Pongal in Karnataka, and Katte Pongal in Andhra Pradesh.



Serves - 4



Preparation time  
30 minutes



Total cooking time  
20 minutes



### Ingredients

- 1 cup foxtail millet
- ¼ cup pre-soaked yellow moong dal
- 2 tsp finely chopped green chili
- A few curry leaves
- ½ cup a mix of carrot, peas, and broccoli
- 2 tsp cumin seeds/jeera
- 1 tsp whole black pepper
- 1 tsp asafoetida/hing
- 1 tsp ethically sourced A2 ghee
- 4 cups water
- Salt as per taste



### Nutritional info per serving

Total Carbohydrates: 28g

Total Calories: 204 Cal

Total Protein: 8.5g

Total Fat: 5.6g



### Notes

Millet Pongal is gluten-free and helps regulate blood pressure, reduce cholesterol levels, and improve digestion.

Foxtail millet is also very rich in fiber, calcium, and protein essential for bone and muscle health.

One can use hand-pounded Sona Masoori rice or beaten rice in place of millets.



### Method

- Wash and soak foxtail millet in a cup of water for at least two to three hours.
- Next, take a pressure cooker and heat the ghee.
- Now, add jeera and whole black pepper.
- Once jeera is golden brown, add slit green chili and finely chopped ginger.
- After a few seconds, add roughly chopped vegetables, curry leaves, and asafoetida.
- Add water next. Also, add salt and moong dal. Bring the water to a boil.
- Once done, add foxtail millet and stir well. Let it cook for at least two whistles.
- Serve hot with a dollop of ghee and relish with the chutney or sambar of your choice#

**Power Tip: Due to its high fiber content, foxtail millet may be beneficial to individuals suffering from type 2 diabetes.**



"It was never the food that was bad and created disease. It is a sedentary lifestyle, poor quality oils, salts, contamination of ingredients, and overeating that have given our nutritious cuisine a bad name."

-luke coutinho

## Moringa Khichdi - Taste and nutrition with every bite

Moringa khichdi is an unparalleled mixture of nutritious ingredients like hand-pounded dals, unpolished rice, and the miraculous moringa, all coming together to create a wholesome dish for you. This khichdi particularly stands out because of the ingredient - moringa.

Gone are the days when khichdi was considered as a patient's food. Today, the sick, healthy, rich, happy, businessmen, laborers - all devour it, not just for its taste and simplicity, but for its health benefits too.



Serves - 2



Preparation time  
15 to 20 minutes



Total cooking time  
30 minutes



### Ingredients:

500g hand-pounded Sona Masoori rice  
50g moong dal  
50 g masoor dal  
1/4 cup green leafy vegetables or fresh coriander (finely chopped)~  
2 tsp moringa powder  
75 g sweet potato  
3/4 cup vegetables (cauliflower, beans, carrot, and peas)  
1 tbsp coconut oil or A2 cow ghee~  
2 garlic cloves (minced)  
1/2 inch ginger (grated)  
1tsp immunity powder  
1/2 tsp black pepper powder  
1/2 tsp turmeric powder  
Salt to taste  
Additional spices as per choice~  
500 ml water

### Nutritional info per serving

**Total Calories: 385 cal**

**Total Carbohydrate: 68g**

**Total Protein: 19g**

**Total Fat: 7.9g**

**Calcium: 450 mg**



### Notes:

It is a rich source of vitamins, minerals, and amino acids.

It is rich in antioxidants.

It fights inflammation.

It helps manage blood sugar levels.

It is a powerful immunity booster and helps improve hemoglobin levels

One can use sprouts in place of dals.

Fresh moringa leaves can be used as an alternative to moringa powder.



**Power Tip: Invest in a packet of good quality moringa powder and keep it handy. The easiest way to consume moringa is by mixing a teaspoon or two into any dish or drink of your choice to reap its benefits.**



### Method:

Wash and chop the vegetables.

In a pressure cooker, add one tablespoon of oil or ghee. Add and sauté the ginger-garlic paste.

Now add the chopped vegetables and sweet potato.

Add rice, dal, salt, immunity powder, turmeric powder, pepper, and cook it for some time.

Lastly, add leafy vegetables, moringa powder, and cook until all the ingredients soften.

Add water and close the lid. Let the ingredients pressure cook for three to four whistles.

Once cool, open the lid and mix the khichdi with a ladle.

Pour some ghee and serve hot.



"Junk food fixes nothing in your life.  
Maybe add a few moments of neural excitement that die soon too.  
Go easy on the junk. That is why it's called junk.  
Would you put junk into your newborn? Then why would you put it into you?"

-luke coutinho



## Special Khichdi Masala

Rustic and hand-pounded masala made with a mix of spices to flavor curries, khichdi, biryani, and pulao and bring out the inherent and rich nutritional flavors.



Serves - 4



Preparation time  
15 minutes



Total cooking time  
20 minutes



### Ingredients:

- 1 cup coriander seeds/dhania seeds
- 1/2 cup pigeon pea/toor dal
- 1/2 cup yellow moong dal or Bengal gram/chana dal
- 1/4 cup black gram/urad dal
- 2 tbsp cumin seeds/jeera
- 1/2 tbsp fennel seeds/saunf
- 4 tsp bishop's weed/ajwain
- 1 tsp fenugreek seeds/methi seeds
- 2 tbsp sesame seeds/til
- 2 tsp mustard seeds/rai
- A handful of curry leaves
- 2 tsp black pepper/kali mirch
- 2 tsp immunity powder or turmeric powder
- 1 tsp asafoetida/hing



### Nutritional info per serving

**Total Calories: 11.2kcal**  
**Total Carbohydrate: 2.7g**  
**Total Fat: 0.5 g**  
**Total Protein: 2.3 g**

### Notes

Our special Khichdi masala's ingredients are rich in phytonutrients, which help in boosting metabolism.

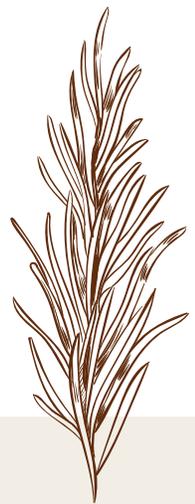
It has carminative properties and apart from boosting digestion, it also helps in fighting bloating, flatulence, and even nausea.

One can use the masala for making sambar, dals, and curries.



### Method:

- Take a thick bottomed pan and add 1 cup of coriander seeds. Dry roast on low flame till they turn aromatic. Keep it aside and allow it to cool completely.
- Add toor dal, chana dal, urad dal, cumin, fennel, ajwain, sesame seeds, and methi seeds. Roast them on low flame too, till they turn aromatic. Transfer to the same mixer and keep aside.
- On the side, dry roast mustard seeds till they splutter. Transfer and keep aside.
- Add in a handful of curry leaves and black pepper. Roast on low flame till the curry leaves turn crisp.
- Now, add hing and turmeric powder. Roast for two to three seconds till they turn aromatic. Transfer all the contents to a blender and let it cool completely.
- Blend it to a fine and smooth powder and store it in an airtight container.
- Use one to two tablespoons as per taste and spice tolerance levels.



**Power Tip: You can replace immunity powder with moringa powder here to get a fresh herb taste.**



# Aromatic Masala Khichdi

Khichdi is our country's very own culinary comfort. Right from serving it as a baby's first solid meal to an easily digestible and nutritious meal for the elderly, it is the perfect combination of rice and lentils and can satisfy every palate. If you are bored of the usual khichdi, give this aromatic masala khichdi a try.



Serves - 4



Preparation time  
15 minutes



Total cooking time  
20 minutes



## Ingredients

- 1 cup rice (parboiled, soaked for 8 hours)
- 1/2 cup green gram split/moong dal (presoaked for 8 to 10 hours)~
- 3/4 cup toor dal (presoaked for 8 to 10 hours)
- 1/4 cup black gram/urad dal (presoaked for 8 to 10 hours)
- 2 tbsp moringa leaves (finely chopped)
- 5 to 6 cups water
- 1 onion (finely chopped)
- 1 tomato (finely chopped)
- 1 cup mix of pumpkin, carrot, and bottle gourd~
- 2 tsp ginger (grated)
- 4 to 5 garlic cloves (chopped)
- 1 tsp mustard seeds
- 1 tbsp secret masala recipe as mentioned above~
- 1/2 tsp red chili powder
- 1 tbsp desi ghee
- Salt to taste
- Coriander leaves (to garnish)

## Nutritional info per serving

**Total Calories: 225kcal**

**Total Carbohydrates: 69.5g**

**Total Fat: 3.45 g**

**Total Protein: 11.5**



"So many superfoods yet so many health problems. It is not just about what you eat but about how your body assimilates, digests, and absorbs it. Focus on digestive health"

*-luke coutinho*



## Notes:

The turmeric and ginger in khichdi carry anti-inflammatory properties and help to deal with cold, cough, and allergies.

The protein in dal and the fiber from the vegetables help you to stay fuller for a long time and aids in muscle growth as well.

You can use green leafy vegetables like spinach too, as per seasonal availability.

**Power Tip: Cooking your food in a brass pressure cooker is beneficial to your health, however, make sure you buy a tinned brass pressure cooker to avoid any adverse reactions to the food.**



## Method

- Rinse the rice and dal, drain and keep them aside.
- Heat ghee in a pressure cooker, add star anise, mustard seeds, and allow them to splutter. Then add ginger, garlic, and onion.
- Sauté until the onion turns pink.
- Now, add the tomatoes. Once the tomato starts releasing oil, add our secret garam masala, red chili powder, vegetables, and finely chopped moringa leaves.
- Add water next. Once the water comes to a boil, add the rice and dal.
- Cover and pressure cook the khichdi for four to five whistles.
- Once done, add a dollop of ghee on top and serve hot.



# Jain Khichdi

If you avoid eating onion and garlic for health, religious or spiritual beliefs, we got you covered. This delicious preparation does not contain onion and garlic but hits all marks when it comes to taste and nutrition.



Serves - 2 to 3



Preparation time  
15 minutes



Total cooking time  
20 minutes



## Ingredients:

- 1 cup hand-pounded Sona Masoori rice
- 1/2 cup green moong dal/green gram
- 1/4 cup black gram/urad dal
- 1/4 cup masoor dal or toor dal
- 1/2 cup mix vegetables (bottle gourd, peas, and cabbage)
- 1/4 cup tomato (chopped)
- 1 tsp cumin seeds
- 1/4 tsp pepper
- 1/4 tsp immunity powder
- A pinch of ginger (grated)
- A pinch of asafoetida/hing
- 4 to 5 curry leaves
- 2 tbsp A2 ghee
- 4 to 5 cups water
- Salt



## Method

Wash the pre-soaked dals and rice and pressure cook them with four to five cups of water for about five whistles. Once done, set it aside. Heat two tablespoons of A2 ghee in a pan, add pepper, cumin seeds, grated ginger, immunity powder, curry leaves, and asafoetida. Sauté. Add the chopped tomatoes and mix vegetables, cover, and cook well. Once the vegetables are cooked well and release a mild aroma, pour them over the rice mixture. Mix well. Serve hot with a dollop of ghee.

**Power Tip:** Made from the milk of the pure desi A2 cows and hand-churned using the bilona method, A2 ghee can help boost immunity naturally.

## Nutritional info per serving

**Total Calories: 192kcal**

**Total Carbohydrates: 59.8g**

**Total Protein: 8.3 g**

**Total Fat: 3.2g**



## Notes

This recipe is comfort food that is easy to prepare. You just need to throw in rice, lentils, and veggies, all together into a cooker.

Easily digestible and provides an array of nutrients - carbs, proteins, fiber, Vitamin C, calcium, and trace minerals.

Adding the dals makes it rich in soluble and insoluble fiber, along with folic acid, magnesium, copper, potassium, and beneficial antioxidants.

One can use sweet potato and ash gourd as alternative options for vegetables.

"If you have ever been on a fad diet where they are limiting your nutrient intake, have you noticed that you don't only lose weight but also start losing the glow on your face, experience hair loss, lack of energy? The right diet is supposed to nourish and not deprive you!"

*-luke coutinho*

"100 gms of Rice contain 0.3g of fat. Do you really think rice makes you fat? Or is it overeating, greed, laziness, lack of sleep, stress, excess sugar, lack of portion control, wrong food combinations, and a poor attitude of blame and complaining?"

-luke coutinho



## Khichdi For Kids And Senior Citizens

This is a wholesome and soothing meal made with rice, lentils, and vegetables. When it comes to feeding kids and senior citizens, we naturally look for preparations that are not very spicy, yet flavourful. This recipe is a perfect option to fit your needs. It is simple but not bland.

It is nutritious but not boring. Try it out.



Serves - 2 to 3



Preparation time  
15 minutes



Total cooking time  
20 minutes



### Ingredients

- 1 cup hand-pounded Sona Masoori rice
- 1 cup split green moong dal
- 3 tsp ghee
- 1 tsp cumin
- 1 bay leaf
- 1/2 tsp asafoetida
- 1/2 tsp turmeric powder
- Coriander leaves (to garnish)
- 3 cups water



### Method

- In a pressure cooker, add ghee followed by cumin and bay leaves.
- Add the soaked rice and dal.
- Now add salt, turmeric, and hing.
- Finally, add water and cook for four to five whistles until all the ingredients are combined well.
- Served hot with a dollop of ghee.

### Nutritional info per serving

**Total Calories: 182kcal**

**Total Carbohydrates: 58.2g**

**Total Protein: 8.3g**

**Total Fat: 4.3g**



### Notes:

This dish is a favorite among teething babies, toddlers, and senior citizens as it is light to digest and easy to eat.

It is a wholesome meal option with a combination of rice, lentils, and ghee. It provides you with carbohydrates, proteins, dietary fiber, Vitamin C, calcium, magnesium, phosphorus, and potassium.

One can use pumpkin, bottle gourd, and sweet potato as an alternative to the vegetables mentioned above. Khichdi is the best way to trick kids into eating vegetables!



**Power Tip: Compared to whole moong, green moong dal is high in fiber but also gentle on the stomach and easy to digest. This makes an ideal choice for babies, children, the elderly, and anyone in general.**



**In search of clean ingredients to make these khichdi delicacies?**

Shop for them at [www.youcarelifestyle.com](http://www.youcarelifestyle.com).

**We hope you like these recipes and try them too!**

For more such innovative and healthy recipes, visit our holistic recipe corner here. Created by



**Contact us on:** [www.lukecoutinho.com](http://www.lukecoutinho.com)

Toll-free no: 18001020253

Email address: [info@lukecoutinho.com](mailto:info@lukecoutinho.com)

**Disclaimer:** Please keep your health expert in the loop before introducing any new food ingredient in your diet, especially if you are on any medications or undergoing medical treatment. If a certain ingredient does not suit you, please avoid its consumption.

**We would love for you try these recipes and share your**

#MyKhichdiMoment by tagging us on

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Facebook ([YouCare by Luke Coutinho](https://www.facebook.com/YouCarebyLukeCoutinho)) or Twitter ([@LukeCoutinho17](https://twitter.com/LukeCoutinho17)).

**Have feedback or suggestions on recipes you want us to cover?**

**Write to us at [info@lukecoutinho.com](mailto:info@lukecoutinho.com).**

