***Dahi Tikhari***



***Information:-***

Dahi Tikhari is a traditional Gujarati sabji that is loved by many for its tangy and spicy flavors. This dish is made by mixing thick yogurt with water and adding spices like ginger paste, green chili paste, and a touch of sugar for sweetness. The mixture is then tempered with a fragrant blend of cumin seeds, mustard seeds, curry leaves, and asafoetida. The result is a flavorful and refreshing snack that is perfect for a hot summer day. Dahi Tikhari is often served chilled and garnished with coriander leaves, which add a fresh burst of flavor. This dish is not only delicious but also healthy, as yogurt is known for its probiotic properties that aid digestion and boost immunity.

***Nutritional Information:-***

* Calories: 59 kcal
* Protein: 2.5 g
* Carbohydrates: 4.4 g
* Fat: 3.4 g
* Fiber: 0.3 g
* Sugar: 3.8 g
* Sodium: 180 mg

Dahi Tikhari is a low-calorie sabji that is a good source of protein and healthy fats. It is also low in carbohydrates and sugar, making it a great option for those who are watching their sugar intake. However, it is important to note that the nutritional value of Dahi Tikhari may vary depending on the specific recipe and serving size.

***Ingredients:***

* 2 cups of thick yogurt (dahi)
* 1/2 cup of water
* 1 tsp of ginger paste
* 1 tsp of green chili paste
* 1 tsp of sugar
* Salt to taste
* 1 tbsp of oil
* 1 tsp of cumin seeds
* 1/2 tsp of mustard seeds
* 1/4 tsp of asafoetida (hing)
* Curry leaves
* Coriander leaves for garnishing

***Instructions:***

* In a mixing bowl, whisk the yogurt until it becomes smooth.
* Add water, ginger paste, green chili paste, sugar, and salt to the yogurt and mix well.
* In a small pan, heat oil over medium heat. Add cumin seeds, mustard seeds, and asafoetida. Let them sizzle.
* Add curry leaves and let them crackle for a few seconds.
* Pour the tempering over the yogurt mixture and mix well.
* Garnish with chopped coriander leaves.
* Serve it.