**Moong Dal Chilla**

**Moong Dal Chilla** is a delicious and healthy Indian savory pancake made from split yellow moong dal (lentils). It’s high in protein, easy to digest, and perfect for breakfast, lunch, or a light dinner. Here's a classic recipe, along with some tasty variations.

**🌱 Classic Moong Dal Chilla Recipe**

**📝 Ingredients (Serves 2-3; makes 5–6 chillas):**

* **1 cup** yellow moong dal (split and skinned)
* **1-inch** ginger
* **1–2** green chilies (adjust to spice preference)
* **Salt** to taste
* **1/4 tsp** turmeric powder (optional)
* **1/2 tsp** cumin seeds (optional)
* **Water** as needed for batter
* **Oil or ghee** for cooking

**Optional Add-ins (highly recommended):**

* **1/2 cup** finely chopped onions
* **1/4 cup** grated carrots
* **2 tbsp** chopped coriander (cilantro)
* **Finely chopped spinach or methi leaves**

**🍳 Instructions:**

1. **Soak the Dal**:
   * Wash and soak moong dal in water for **2–3 hours** (or overnight if preferred).
2. **Make the Batter**:
   * Drain the soaked dal.
   * In a blender, add soaked dal, ginger, green chilies, cumin, and about 1/4 cup water.
   * Grind to a smooth, thick batter (like dosa or pancake batter).
   * Add salt and turmeric. Mix well.
   * Stir in chopped veggies and herbs if using.
3. **Cook the Chilla**:
   * Heat a non-stick or cast-iron tawa (griddle).
   * Pour a ladle of batter and spread it gently in a circular motion (like a pancake).
   * Drizzle a few drops of oil/ghee around the edges.
   * Cook on medium heat until golden brown and crisp (about 2–3 minutes).
   * Flip and cook the other side.
4. **Serve Hot**:
   * Serve with green chutney, tomato ketchup, or yogurt.

**🔄 Variations:**

* **Stuffed Chilla**: Add paneer bhurji, spiced mashed potatoes, or grated cheese as a filling.
* **Sprouted Moong Chilla**: Use sprouted whole moong for extra nutrition and fiber.
* **Oats-Moong Chilla**: Add 2 tbsp ground oats for a fiber boost.
* **No Onion/Garlic**: Just skip them for a sattvic or Jain version.

**💡 Tips:**

* If the batter is too thick, add a tablespoon of water at a time to adjust.
* If the chilla sticks, rub the tawa with a cut onion or lightly oil it before pouring the next one.
* Can be packed in lunchboxes too—just let them cool before packing.

Let me know if you want a **high-protein version**, **microwave option**, or **kid-friendly** variation!

Ai Humanizer

Moong Dal Chilla is a delectable, wholesome Indian savory pancake made from split yellow moong dal (lentils). It is high in protein, easy to digest, and a great choice for breakfast, lunch, or a light dinner. Below is the original recipe, as well as some variations.

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Classic Moong Dal Chilla Recipe

Ingredients (2-3 servings; 5–6 chillas):

• 1 cup yellow moong dal (split and skinned)

• 1-inch piece of ginger

• 1–2 green chilies (adjust for your liking)

• As needed salt

• 1/4 tsp turmeric powder (optional)

• 1/2 tsp cumin seeds (optional)

• Water as needed for batter

• Oil or ghee for cooking

Optional Additions (the more, the better):

• 1/2 cup finely chopped onions

• 1/4 cup grated carrots

• 2 tbsp chopped coriander (cilantro)

• Finely chopped spinach or methi leaves

Instructions:

1. Soak the Dal:

- Wash and soak moong dal in water for 2–3 hours or overnight.

2. Prepare the Batter:

- Drain the soaked dal.

- In a blender, add the soaked dal, ginger, green chilies, cumin and about 1/4 cup of water.

- Blend to a smooth and thick batter (similar to dosa or pancake batter).

- Add salt and turmeric, and mix well.

- Add the chopped veggies and/or chopped herbs if using.

3. Cook the Chilla:

- Heat a non-stick or cast iron tawa(griddle) over medium heat.

- Pour some batter onto the tawa, then gently form into a circular shape (like a pancake).

- Add a drop or two of oil / ghee around the edges of chilla.

- Cook over medium heat until golden brown and crispy on the bottom (about 2-3 minutes).

o Flip it and cook the other side.

4. Serve Hot:

o Serve with green chutney, tomato ketchup, or yogurt, etc.

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🔄 Variations:

• Stuffed Chilla: Paneer bhurji, spiced mashed potatoes, or grated cheese can be part of the stuffing.

• Sprouted Moong Chilla: Use sprouted whole moong to add extra nutrition and fiber.

• Oats-Moong Chilla: Add 2 tbsp of oats by grinding it for a boost of fiber.

• No Onion/Garlic: It can also be made without onion and garlic for a sattvic or Jain version.

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💡 Tips:

• Add about a tablespoon of water at a time to adjust the batter thickness if it’s too thick.

• In case the chilla starts sticking, then rub the tawa with a half cut onion or drizzle a little oil before pouring the next one.

• Chilla can also be packed in lunchboxes but allow to cool before packing.

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