

Health-Aware Recipe Modifier Report

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Input Ingredients:

poha, oil, mustard seed, curry leaf, onion, green chili, turmeric, salt, sugar, lemon, peanut, coriander

Harmful Ingredients:

sugar

Safe Ingredients:

poha, oil, mustard seed, curry leaf, onion, green chili, turmeric, salt, stevia, lemon, peanut, coriander

Modified Recipe Instructions:

Hello there! It's wonderful that you're focusing on delicious and healthy meals tailored to your needs. This Poha recipe is designed to be flavorful, easy to make, and mindful of managing diabetes. Let's get cooking!

****Health Benefits****

This Poha recipe is a fantastic choice for managing diabetes. It utilizes complex carbohydrates from Poha, which provide a steady release of energy, preventing sharp blood sugar spikes. By replacing harmful sugar with stevia, we ensure you enjoy a touch of sweetness without any added glucose. The addition of vegetables and peanuts contributes fiber and healthy fats, promoting satiety and aiding in blood sugar control.

****Ingredients****

- * 1 cup medium Poha (flattened rice)
- * 1 tablespoon oil (e.g., olive oil or avocado oil)
- * 1/2 teaspoon mustard seeds
- * 5-6 curry leaves
- * 1/2 medium onion, finely chopped
- * 1 green chili, slit lengthwise (adjust to your spice preference)
- * 1/4 teaspoon turmeric powder
- * Salt to taste
- * 1/4 - 1/2 teaspoon stevia (or equivalent to 1-2 tsp sugar, adjust to taste)
- * Juice of 1/2 lemon
- * 2 tablespoons roasted peanuts
- * 2 tablespoons fresh coriander leaves, chopped

****Instructions****

1. ****Prepare Poha:**** Place the Poha in a colander and gently rinse under cold running water for 30-60 seconds until softened but not mushy. Drain thoroughly and set aside.
2. ****Heat Oil & Temper:**** Heat the oil in a non-stick pan or kadai over medium heat. Once hot, add the mustard seeds and let them splutter (about 30 seconds).

3. **Sauté Aromatics:** Add the curry leaves, chopped onion, and green chili. Sauté for 2-3 minutes until the onion turns translucent.
4. **Add Spices & Seasoning:** Reduce heat to low, then add the turmeric powder, salt, and stevia. Stir well for 15 seconds.
5. **Combine with Poha:** Gently add the rinsed Poha to the pan. Mix everything carefully, ensuring the Poha is evenly coated with the spices. Cook for 1-2 minutes, stirring occasionally, until heated through.
6. **Garnish & Serve:** Turn off the heat. Stir in the lemon juice, roasted peanuts, and fresh coriander.

Cooking Tips

Portion Control is Key: Even with healthy ingredients, mindful portion sizes are crucial for diabetes management.

Boost Fiber: Feel free to add finely chopped non-starchy vegetables like carrots, peas, or bell peppers along with the onions for extra fiber and nutrients.

Monitor Blood Sugar: Always pay attention to how different foods affect your individual blood sugar levels.

Healthy Fats: Using a good quality oil in moderation and including peanuts adds healthy fats, which can help with satiety.

Serving Suggestions

Enjoy your flavorful and healthy Poha warm as a delightful breakfast or a light snack. It pairs wonderfully with a small cup of plain unsweetened yogurt for added protein, or a side of a simple cucumber salad.

Nutritional Notes: This recipe provides complex carbohydrates, fiber from the poha and vegetables, and healthy fats from peanuts, all contributing to better blood sugar management. The absence of added sugar further enhances its diabetic-friendly profile.