

South Indian Cabbage Dal, Cabbage Kootu

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-dal-recipe-indian>

Ingredients:

- 1/2 head cabbage about four cups chopped, finely chopped
- 1/2 cup pigeon peas
- pink lentils
- 1/4 teaspoon turmeric
- 15 curry leaves not sprigs but the individual leaves
- 3 tablespoons shredded coconut or 1/2 cup coconut milk, fresh or canned is good
- 1 teaspoon coconut oil divided
- 1 teaspoon mustard seeds
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon dal blackgram, udad dal
- 1 tablespoon chana dal Bengalgram dal
- 1 red chili pepper like arbol pepper or Kashmiri chili pepper, use more or less based on your tolerance for heat
- 1 teaspoon whole black peppercorns

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 19 grams
3. Fat: 2 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 25 milligrams
8. Sugar: 1 grams

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