

South Indian Lentil Cakes with Raita

Yield: 3 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-indian-rice-with-peas>

Ingredients:

- 1 head garlic
- 1 tablespoon extra-virgin olive oil
- kosher salt
- freshly ground pepper
- 1/4 teaspoon cumin seed
- 1 cup plain low-fat yogurt
- 1/4 cup cucumber finely chopped peeled seeded
- 1 teaspoon chopped cilantro fresh
- 1 teaspoon chopped fresh mint
- 1 teaspoon jalapeno chilies minced seeded
- 1/2 teaspoon fresh lemon juice or more
- 1/2 cup legumes mixed dried, such as lentils and whole mung beans
- 1/4 cup basmati rice
- 1 garlic cloves minced
- 1 teaspoon peeled fresh ginger chopped
- 1/2 jalapeno chilies seeded, minced
- 1 cup peas leaves from, tendrils, arugula, or spinach, chopped
- 1/2 cup peas from about 8 ounces peas in pods, chopped
- 1/4 cup chopped cilantro fresh
- 1/4 cup scallions chopped
- 3 tablespoons chopped fresh mint
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 4 tablespoons extra-virgin olive oil divided

Nutrition:

1. Calories: 380 calories

2. Carbohydrate: 34 grams
3. Cholesterol: 5 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 1130 milligrams
9. Sugar: 11 grams

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