

Indian Semolina Breakfast (Veggie Upma)

Recipe makes: 2 to 3 servings (1 cup per serving)

Preparation time: 10 minutes

Cook time: 15 minutes

Equipment: one cutting board, one knife, one set of measuring cups, one set of measuring spoons, one stove or hot plate, one frying pan, one wooden spoon, one medium bowl

What you need to make this recipe:

- 1 cup semolina (coarse, medium)
- 1 ½ tablespoons ghee or vegetable oil
- 1 teaspoon whole black mustard seeds
- 1 teaspoon split black gram (Urad dal)
- 1 small onion, chopped (about ½ cup)
- 2 small green chilis, split lengthwise
- 10 curry leaves
- ½ cup frozen diced carrots and peas
- 2 ¼ cups water
- Salt to taste (optional)

How to make Indian Semolina Breakfast:

1. Heat the frying pan over medium high heat on the stove or hot plate.
2. When the pan is warm, put the semolina in the pan. Cook for about 2 minutes, stirring two to three times with the wooden spoon, until it is toasted. The semolina should not be brown.
3. Put the toasted semolina into a medium bowl.
4. Put the frying pan back on the stove or hot plate. Add the ghee or oil to the pan.
5. When the oil moves easily around the pan, add the mustard seeds and split black gram to the pan. Cook, stirring often with the wooden spoon, for 30 seconds.
6. Add the chopped onion to the pan. Cook, stirring often, until the onion is soft.
7. Add the chilis and curry leaves to the pan. Cook, stirring often, for 1 minute.
8. Add the carrots and peas to the pan. Cook, stirring often, for 1 minute.
9. Add the water and salt to the pan. Bring to a boil.
10. Slowly add the toasted semolina to the pan. Gently stir to combine the semolina and water mixture.
11. Turn the heat to low and cook for 2 minutes, stirring often.
12. When it is still slightly runny, remove the veggie upma from the stove or hot plate. It should not be dry.
13. Serve immediately. Veggie upma can be served with slices of banana.

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Nutrition Facts	
Per 1 serving (138 g)	
Calories	% Daily Value*
260	
Fat 3 g	4 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 47 g	
Fibre 4 g	14 %
Sugars 2 g	2 %
Protein 10 g	
Cholesterol 0 mg	
Sodium 310 mg	13 %
Calcium 40 mg	3 %
Iron 1.25 mg	7 %
Vitamin A 100 µg	11 %
Vitamin C 15 mg	17 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Moderate	

Allergy information:

Contains wheat, gluten, and mustard.

About this recipe:

Semolina is a grain product that is made from durum wheat. Semolina has carbohydrates in it, which our body uses for energy.

Frozen vegetables are an easy and low-cost way to add vegetables to your diet. They are just as nutritious as fresh vegetables!

Substitutions:

To make the recipe mustard free, do not use the whole black mustard seeds.

The ghee or vegetable oil can be replaced a cooking oil of your choice.

If you do not like spicy food, do not use the chilis or curry leaves.

Storage information:

Store the veggie upma in an airtight container in the refrigerator for up to 3 days.



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