



Towards a new dawn

Ministry of Women and Child Development  
Government of India

# SPINACH PONGAL

सही पोषण - देश रोशन



## INGREDIENTS:



- **Rice** -  
50 g



- **Green gram dal**  
-25 g



- **Spinach** -  
20 g



- **Oil** -  
5 ml



- **Salt** (if  
required)



- **Water** -  
150ml

## Instructions

- Wash and soak rice and dal together in water for 30 minutes.
- Add some oil to a vessel.
- Add the soaked rice and dal along with the water and cook until soft.
- In another vessel, steam cook some washed and finely chopped spinach until soft.
- Mash the steamed spinach and sieve to extract the puree.
- Mix the spinach puree with cooked rice and dal.
- Stir well and serve.

## WHY IS IT HEALTHY FOR YOUR CHILD?



- **High in protein**



- **High in folate and magnesium**

