

# Dal and Cabbage Pancakes

Servings: 2

Ingredients:

- Chana dal - 2 tablespoons (30 g)
- Cabbage (grated) - 100 g
- Rava - 1 tablespoon (15 g)
- Curd - 2 tablespoon (30 g)
- Coriander and mint leaves - 1 fistful
- Green chillies - to taste
- Garlic - 2 cloves
- Oil - 1 teaspoon

Method of Preparation:

- Soak chana dal for 2 hours
- Grind chana dal, green chillies, garlic together to form a coarse paste
- Transfer the batter into a mixing bowl, add all remaining ingredients and salt to taste
- In a non-stick brush some oil (1/2 teaspoon) and prepare pancake (cheela).
- Cook till crisp and golden
- Serve hot with green chutney or curd



Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fiber (g)
116	14	5.5	4	3.5