
COCONUT CHUTNEY

Servings: 6

Note: You can substitute unsalted peanuts instead of roasted gram.

1 cup Fresh coconut, or coconut powder

4 tablespoons Roasted gram, soft puffed lentil - available in market especially for chutney

2 green chile, or to taste

1/2 teaspoon mustard seed

1 dried chili

1 tablespoon curry leaves, or 6-10 fresh (optional)

1/2 inch ginger

1/2 teaspoon bengal gram

1/2 teaspoon black gram split (white urad dal)

salt, to taste

1 tablespoon vegetable oil

Mix coconut powder, green chilli, yogurt, soft chana dal, ginger and salt. Grind in a blender with water to make paste of medium consistency.

Heat oil in a pan. Add mustard seeds, curry leaves, bengal gram (chana dal), and dried chilli

When the seeds splatter and gram color changes to light brown, remove from gas.

Pour over the chutney and mix well.

Cuisine: Indian

Per Serving (excluding unknown items): 76 Calories; 7g Fat (76.6% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.