

Good Morning Poha

By Mero Cocinero Karimi

This is the breakfast I ate when I toured India. It reminds me of all the people I met who served me European breakfast, but when I told them I am not European, they treated me like family, and served me Poha. Whenever need to think of Good Energy, I eat this dish.

Elements

- 2 Cups Thick Poha (flaked rice)
- 1 chopped onion
- 1-2 chopped green chilies
- 2-3 small tomatoes or 1 big one
- 2 tsp. mustard seeds
- 7-8 curry leaves
- 1 Pinch hing (asfoetida)
- Handful of peanuts
- 1 Tbsp. Turmeric powder
- ¼ can of garbanzos
- Chopped cilantro
- Oil for seasoning
- Salt to taste
- Grated coconut
- A dash of fresh Lemon juice
- Kale

Process

1. Wash the Poha in cold water once (but do not soak!!!), drain in a colander and set aside.
2. Chop onions, chiles, tomatoes kale and cilantro.
3. Heat oil in a deep pan, I use a wok. Add mustard seeds, let pop for 1 minute. Add curry leaves. When they begin to darken, add onion, hing and green chiles. Cook for awhile, then add peanuts.
4. When peanuts darken, add half of your tomatoes. Cook for 5 minutes, then stir in turmeric & garbanzos & kale.
5. After a minute, stir in poha. Mix well, then let it cook for a few minutes.
6. When done, heat up pan to high, then when pan gets hot, simmer for 5 minutes.
7. Add lemon juice, chopped cilantro, grated coconut, the rest of your tomatoes, and a bit of salt (to taste); distribute all evenly.
8. Serve HOT with a side of veggies, and Powerful Protein of your choice to make a delicious VSP breakfast.

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