



Healthy Indian Bites

Eat Healthy, Live Healthy.



**Boiled Vegetable Curry**

Boiled Vegetable Curry recipe is highly nutritious and healthy to eat. It takes 20-25 min to cook recipe. Recipe is cooked on low heat, less oil making right use of Indian spices. It is preferable choice of all family members. Helps maintain healthy lifestyle. Can be eaten on regular basis for health benefits. We have tried to balance taste and health benefits cooking this recipe, such that it becomes part of every kitchen. Hopefully, our viewers like the recipe.

In [HealthyIndianBites](#) food blog, we try to cook and promote healthy nutritious diet food recipes. Hopefully, our viewers like it. We look forward for your comments & suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

**Instagram ID: [Healthy.Indian.Bites](#)**

**Youtube and Facebook: [HealthyIndianBites](#)**

5 Benefits of eating Vegetables everyday

*There are endless [benefits of eating vegetables](#) on regular basis. Just tried to summarize few listed below.*

1. Vegetables are low in calorie, contain vitamins and minerals that helps skin remain [hydrated](#) and glowing.
2. It helps in digestion of foods. Raises [metabolism](#) and helps create new [hormones](#) in body.
3. Cleanses blood [lowers blood pressure](#), [blood sugar level](#) with [low glycemic index](#), good for heart and functioning of brain.
4. Basic requirement to have [immune system](#) function properly.
5. Right proportion and quantity required to be taken on daily basis to maintain healthy lifestyle and avoid [health issues](#) like cancer, diabetes, cholesterol etc.

Best Cooking method for Vegetables



*Cooking Ingredients:*

- 100-150 gm coarsely chopped cabbage.
- 1 whole carrot coarsely chopped.
- 1-2 green chili chopped.
- 3 tomatoes whole.
- 2 small potatoes whole
- 50-100 gm green peas.
- 2 tea-spoon Salt.
- 1 tea-spoon coriander powder.
- 1 teaspoon whole pepper crushed.
- 1 teaspoon turmeric powder.
- 1 teaspoon cumin powder.
- 1 teaspoon white sesame Dry Fruit.
- 1 teaspoon carrom seeds.
- 1/2 teaspoon poppy seeds.
- 1-2 spoons cooking oil/ mustard oil.
- Fresh coriander few strands.
- 4-6 strands of Garlic.

*Cooking Vegetables with nutrition:*

1. Add 1 spoon salt to boiling water. Add coarsely chopped carrot, cabbage and 2-3 whole tomatoes and green peas for 7-8 min.
2. After vegetables feel tender and soft on touch, drain water and softly wash vegetables with regular water.
3. Boil or Microwave 2 small potatoes for 7-8 min separately.
4. Chop vegetables to smaller pieces.
5. Add 1-2 spoon oil to pan on lowest flame.
6. Mix 1 spoon salt, coriander, cumin, turmeric, poppy seeds, carrom seeds, sesame, chopped green chilli and garlic to pan.
7. Add chopped vegetables to pool and mix well for couple of minutes.
8. Add boiled potatoes with skin to pool. Potatoes can be substituted with 1 spoon soya flour or corn flour. (potatoes contain starch that helps to suck water released by vegetables).
9. Add crushed black pepper and roast for 1-2 min on medium flame.
10. Decorate it with chopped fresh coriander.
11. Serve hot to 2-3 people with Roti, chapati or rice.

Best way to cook vegetables to keep nutrients.



- Boil and blanch coarsely chopped vegetables. By this, water and nutrients in vegetables retains and do not mix in boiling water.
- It is good practice to blanch and boil vegetables at lowest heat on stovetop. Add 1 spoon salt, vinegar and little oil to water. Low heat retains nutrients in vegetables. Salt, vinegar and oil kills harmful bacteria.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid chopping and refrigerate vegetables for long.
- Avoid adding red-chili powder or garam masala to recipe.
- Adding sesame to recipe helps promote weight loss.
- Do not cook vegetables for long or on higher flame.
- Add just 1-2 spoon oil to recipe. Over adding of cooking oil and frying/sauté may burn nutrients and add extra unwanted calories to diet.

HealthyIndianBites Top 5 dishes made using vegetables.

Boiled Vegetable Curry recipe is highly nutritious and healthy to eat. Regular intake of recipe helps maintaining weight in sedentary lifestyle. In HealthyIndianBites, we put our best effort to balance between taste and nutrition. We try cooking and promoting recipes those are helpful to our viewers. Like Mix Vegetable Curry, we have other food recipes added to food blog. Checkout our top 5 low calorie vegetable dishes.