



Mount Abu Public School

Sector 5, Rohini, New Delhi - 110085



Sorghum

Sorghum boosts an impressive nutrient profile. It's a significant source of many vitamins and minerals, fiber, and protein, all of which contribute to good health.



April 2023

mon	TUE	WED	THU	FRI	SAT	sun
					1	2
					Orientation	
3 Session Begins Introductory Ass (IV-XII)	4  MAHAVIR JAYANTI	5 National Maritime Day (Ass) IV-V	6 World Health Day (Ass) (I-III)	7  GOOD FRIDAY	8	9  EASTER DAY
10 Homeopathy-A Progressive Step in Medicine (ExpertTalk)	11 Spell bee (I-III)	12 Our Constitution-Our Pride (Ass) IV-V	13 Baisakhi (Ass)	14  DR AMBEDKAR JAYANTI	15	16
17 - Earth Day Week Pledge Writing (IV-V) - Plantation Drive (I-III)	18 - World Heritage Day - Bharat Darshan Park (I-II) - Book Review from Readings (heritage) (III) - Debate-IV-V	19 Rhythmic Earth (Song) Books-True Friends of Man Ass (IV-V)	20 - Earth of My Dreams Mime & Ass (I-III) - Mental Maths (I-V)	21 - Save Earth Save Life Rally (I-V) - PSPE Day (Grade V)	22  EID AL FITR	23
24 National Panchayati Raj Day (Cabinet Voting-IV-V)	25 Investiture Ceremony (Primary)	26 International Dance Day Be Safe (Ass) IV-V	27 Labour Day (Ass) I-III	28 Space Session (I-V)	29 Astronomy day & International Dance Day Samvad(Online)	30

02

World Autism
Awareness Day

07

World
Health Day

10

World
Homeopathy Day

22

Earth
Day

23

World Book
and Copyright Day

24

National
Panchayati Raj Day

29

International
Dance Day

Beet Sorghum Risotto



Ingredients

1 tablespoon olive oil
1/2 teaspoon fennel seeds
1/2 fresh fennel, chopped
4 cups beet juice
2 cups cooked sorghum grain
2 T butter
2 large roasted beets, peeled,
grated on a large-hole box grater

2 T fresh dill, roughly chopped
1/4 lemon wedge
Kosher salt
Freshly ground black pepper
1/4 cup sour cream
1 T prepared horseradish
1 piece fresh horseradish

1.

Recipe

Heat the oil in a saucepan; add the fennel seeds and fennel, stirring over low heat until fragrant. Add the beet juice and reduce by half. Strain.

Place the strained beet juice in a sauté pan, add the grain, stirring until almost completely absorbed. Spoon in the butter and beets. Season and fold in the fresh dill, squeeze in the lemon, and season with salt and pepper to taste.

2.

Recipe

In a small bowl, combine the sour cream and prepared horseradish, season with salt. Top the risotto with the sour cream. Using a microplane, grate the horseradish over the whole dish and garnish with fresh dill.





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Proso

Proso millet has multiple benefits when consumed as human food. Proso millet is rich in minerals, dietary fiber, polyphenols, vitamins and proteins. It is gluten-free and therefore, ideal for the gluten intolerant people. Proso millet contains high lecithin which supports the neural health system.



may 2023

mon	TUE	WED	THU	FRI	SAT	sun
1 Fitness Week Begins (Environment) (I-III)	2 Run For Fun (Health) (IV-V)	3 Fit N Trim (Ass-IV-V)	4 Rabindra Nath Tagore (Ass I-III)	5  BUDDHA PURNIMA	6	7
8 Shape-E-Salad (salad making using shapes) (I-II)	9 Diet Right Recipe sharing of healthy food(III)	10 National Technology Day (Ass-IV-V)	11 Mother's Day (Ass-I-III)	12 Menu Card for Non Fire Cooking (IV-V)	13	14
15 Quiz o Mania (GK&SDG I-III)	16 Essence-Radio Show on values (IV-V)	17 World Telecommunication Day (IV-V)	18 Endangered Species Ass-I-III	19 STEM Toy Making (1-V)	20	21
22	23	24 No Tobacco (ass-IV-V)	25 Environment Day (ass-I-III)	26 Shoptalk (Vocab Comp-I-V)	27 Open House (I-V)	28
29 Scouts & Guide Camp Summer Break Begins (I-V)	30	31				

01

Workers Day

03

Press Freedom Day

07

World Athletics Day

11

National Technology Day

17

World Telecommunication Day

22

International Day for Biological Diversity

31

Anti-Tobacco Day

Proso Upma



Ingredients

1 Cup proso millet
1 ¾ cup water
1 small onion
1 Tomato
1 teaspoon mustard seeds
1 teaspoon urad dal
1 red chili
½ cup frozen vegetables of your choice

½ teaspoon red chili powder
teaspoon garam masala
¼ teaspoon turmeric
Salt to taste
1 strand curry leaves
2 teaspoon ginger
2 teaspoon coconut oil
2 teaspoon lemon juice

1.

Recipe

Rinse the Proso Millet /2-3 times with clean water and soak for at least 2 hours.
Place a pan over medium heat with 2 tablespoons of oil. Add mustard seeds and let them splutter and then add urad dal, red chili. Saute them until the lentils turn golden brown.

Add curry leaves, and ginger and continue to saute for 10 sec. Now add onions and continue to saute until they turn transparent and follow up by adding finely chopped tomatoes. Cook for a few minutes before adding the spices: Red chili powder, turmeric powder, and garam masala. Saute for another 30 seconds.

2.

Recipe

Now add the frozen vegetables. Mix well and add 2 cups of water, salt.





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Pearl

Also known as pearl millet, Bajra is an energy-packed grain and can also be called a superfood.

Loaded with insoluble fiber that helps you lose weight, lower cholesterol, and lower blood sugar levels.

If you are trying to lose weight, adding low-calorie density whole foods to your diet can be beneficial.



June 2023

mon	TUE	WED	THU	FRI	SAT	sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

01

World Milk Day

03

World Bicycle Day

05

World Environment Day

08

World Ocean Day

12

Anti-Child Labour Day

14

World Blood Donor Day

21

International Day of Yoga

Bajra Bhakhati



Ingredients

2 cup bajra atta / pearl millet flour /
 1/2 tsp salt
 hot water (to knead)
 wheat flour (for dusting)

1.

Recipe

firstly, in a large mixing bowl take 2 cup Bajra atta, 1/2 tsp salt and mix well.

add 1/2 of hot water and start to knead.

knead to the soft dough for at least 10 minutes.

add water as required and knead well as there is no gluten in the dough.

pinch a small ball sized dough and knead again.

dust with wheat flour and pat gently. you can alternatively use a rolling pin to roll as done for paratha.

2.

Recipe

pat with both the hands until the roti turns as thin as possible. if the roti breaks, it means it needs more kneading.

dust off excess flour and put over hot tawa.

now spread water over the roti with the help of hands or wet cloth removing excess dough.

wait until the water evaporates then flip it to the other side.

press gently and cook all the sides. finally, serve bajra roti with jaggery or curry.





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Foxtail

Foxtail Millet is rich in Vitamin B12 which is essential for maintaining a healthy heart, smooth functioning of the nervous system, and in general good for skin and hair growth. A diet including Foxtail Millet may improve glycemic control and reduce insulin, cholesterol and fasting glucose in Type-2 diabetes patients.



July 2023

mon	TUE	WED	THU	FRI	SAT	sun
31					1	2
3	4	5	6	7	8	9
School Reopens	ROI –I BEGINS (IV-V)	World Population Day (Ass-IV-V)	G-20 India's Vision on Harmonious World (Ass-I-III)	- ROI –I BEGINS (III) - World Chocolate Day Session (I-V) & Enactment on the Novel Charlie & The Chocolate Factory (I-III)		
10	11	12	13	14	15	16
Start Up 20 (Read Aloud Challenge-I-V)	- ROI –I BEGINS (I-II) - Yog Aur Hum, Peer Session (IV-V) - Yoga Session (I-III)	World Youth Skill Day (Ass-IV-V)	No Justice- No Peace (Ass-I-III)	ROI –I		
17	18	19	20	21	22	23
Be An Orator (Self Curated Story or Poems on Real Life Heroes comp) I-V	ROI –I	- Ass on National Parent Day (IV-V) - Spell Bee (I-V)	Eat Right (Ass-I-III)	ROI –I Documentary on Veer gatha (IV-V)		
24	25	26	27	28	29	30
Apolgue on Bravery (I-III)	ROI –I Sand Painting (Famous Personalities) (IV_V)	Kargil Diwas (Ass-IV-V)	Roar With Tigers (Ass-I-III)	ROI –I	MOHARRAM	

01

Doctors Day

06

World Zoonoses Day

11

World Population Day

12

International Malala Day

18

International Nelson Mandela Day

26

Kargil Vijay Diwas

29

World Tiger Day

Foxtail Tehri



Ingredients

1 Cup Millet like foxtail
1 teaspoon Ghee/Oil
½ Cup Yogurt(Dahi)
Salt to Taste
1 Green Chilli
2-3 Garlic Cloves
1 teaspoon Chopped ginger
1 Sliced Onion

2 tablespoon peas
2 tablespoon Carrots
2 tablespoon Beans
2 tablespoon Chopped Mint and Coriander Leaves

1.

Recipe

Heat the Ghee/Oil in a pot.
Add Cumin,Bay leaf and Green Chillies.Once it starts spluttering, add garlic and ginger.Cook for 10-20 seconds.
Add the Sliced onions, carrots,beans and cook for 2-3 minutes.Sprinkle the

2.

Recipe

Stir the Pot,Add Millets.Add 2 cups of water.Season with salt. Cover and cook for 15 minutes on low-medium flame.
Garnish with coriander leaves and serve with yogurt.



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Finger

Finger millet is full of dietary fiber, which helps to control the “bad” cholesterol that can contribute to heart diseases like atherosclerosis. Soluble fiber absorbs cholesterol before it enters your bloodstream, maintaining a lower cholesterol level without medication.



August 2023

mon	TUE	WED	THU	FRI	SAT	sun
	1	2	3	4	5	6
		Handloom Day Ass(IV-V)	Hiroshima Day Ass(I-III)		Open House-II (result Declaration I-V)	
7	8	9	10	11	12	13
	Mental Ability (I-V)	Quit India Ass(IV-V)	Knowing Tuskers Ass(I-III)	Visit to Pradhanmantri Museum (IV-V)		
14	15	16	17	18	19	20
	 INDEPENDENCE DAY	World Photography Day-Talking Pictures Ass (IV-V)	Sadbhawna Diwas Ass(I-III)	Khelo Khel (I-V)		
21	22	23	24	25	26	27
	Safety & Well Being (Peer Presentation-IV-V)	- Women Empowerment Ass (IV-V) - Workshop on Adolescent (School Counsellor)	ONAM & Rakshabandhan Ass(I-III)	Rakshabandhan Act	Visit to International toilet museum(I-III)	
28	29	30	31			
	Talk on Onam by specialist	 RAKSHA BANDHAN	Janmashtmi Celebration (I-III)			

06

Hiroshima Day

09

Quit India Day

12

International Youth Day

19

Photography Day

21

World Senior Citizen's Day

29

Onam

29

National Sports Day



Ingredients

Roasted Almond paste- 1/4th tbsp
Mixed Millet- 1/2 cup
Apple (cut into chunks)- 2
Cinnamon powder- 1 pinch
Coconut Milk- 1/2 tbsp
Coconut Cream- 1/2 tbsp
Water/Milk- 2 cups
Sea salt- to taste

1.

Recipe

Add almond paste, apple, cinnamon, coconut cream and coconut milk in a blender.
Blend till smooth.
Toast the millet over high heat until it turns golden brown.
Add hot water/milk, sea salt and bring it to a boil.

2.

Recipe

Simmer on low flame for 18 mins.
Add the paste and cook for five mins.
Garnish and serve.



Browntop

It is rich in fibre, iron, calcium, potassium, magnesium and many other important minerals. Browntop millet eases constipation and helps in detoxifying the body. It helps to control high blood pressure and acts as a probiotic for respiratory disorders. It is also recommended for skin and arthritis problems.



September 2023

mon	TUE	WED	THU	FRI	SAT	sun
				1	2	3
				National Nutrition Week Begins Show & Tell Colourful Plate (I-III)	Cook with Mom (IV-V)	
4	5	6	7	8	9	10
Poshan Tic Tac Toe(dance comp) (I-III)	Abhar Samaroh Healthy Box (I-V)	KRISHAN JANMASHTAMI	- End of Nutrition Week Junk Vs Health Race(I-III) - Educational trip to NBT (IV)	World Literacy Day Heroes of literacy (speaking activity) IV-V		
11	12	13	14	15	16	17
	Ozone Day Voice Your Choice (Debate) (IV-V)	OZONE DAY-Earth's Ozone Ass(IV-V)	Hindi Diwas (I-III)	Engineer's Day Kahoot Quiz (I-III)		
18	19	20	21	22	23	24
International Day of Peace Logo Designing (I-III)	Ganesh Chaturthi Celebration (I-V)	SA-I Begins (I-V) Peace –foundation of growth (IV-V)	Climate Action (I-III)			
25	26	27	28	29	30	
World Tourism Day Act (IV-V)		Gandhi Jayanti Ass (I-III)	EID E MILAD			

05

Teachers' Day

08

International Literacy Day

14

Hindi Diwas

16

World Ozone Day

26

Day of the Deaf

27

World Tourism Day

29

World Heart Day

Ragi Laddo



Ingredients

Sprouted Ragu flour- 1 cup
Ghee- 2 tbsp
Peanuts- 20
Dried coconut- 20 gms
Almonds- 10
Grated Jaggery- to taste
Cardamom- 4
Sesame seeds- 20 gms

1.

Recipe

Fry ragi flour in ghee till it turns aromatic.

Dry roast peanuts, coconut, almonds, sesame seeds until they turn aromatic and grind them into powder.

Mix all ingredients into a jar and grind them all until oil starts oozing out from them.

2.

Recipe

Take small portions of this mix and roll them to make laddoos using ghee.





Barnyard

The Barnyard millet or Sanwa rice as it is popularly known has high levels of protein, calcium, iron, minerals, and vitamin B complex. It is also low in carbohydrates and gluten-free, making it a boon for those with gluten allergies, type II diabetes, and cardiovascular diseases.



October 2023

mon	TUE	WED	THU	FRI	SAT	sun
30	31 - Unity Day Celebration Hello My Pen Pal (Letter Writing) IV-V - Words of Verse (Poem Writing) I-III)					1
2  GANDHI JAYANTI	3 Disaster Management Mock Drill (I-V)	4 Be Sympathetic Towards Animal Ass (IV-V)	5 Air Force Day Ass (I-III)	6 SA-I Ends (I-V)	7	8
9 World Post Office Day Visit to Post office (I-III)	10	11 Girl Child Ass (IV-V)	12 Health & Hygiene Ass (I-III)	13 Spellathon (I-V)	14	15 Global Handwashing Day
16 World Food Day Fighter Fibre (PPT on importance of fibre IV-V)	17 Mental Maths (I-V)	18 UN WEEK Begins UN Ass(I-V)	19 Dussehra Celebration /Ramayana	20	21 Open House(Result Declaration) Dusshera Break begins	22
23 UN WEEK Ends (I-V)	24  VIJAY DASHAMI	25 Unity Day Ass (IV-V)	26 Halloween Day Ass (I-III)	27	28 Valmiki Jayanti	29

01

International Day
for the Elderly

04

World Animal
Welfare Day

08

Indian Air Force
Day

09

World Post
Office Day

13

UN International Day
for Natural Disaster
Reduction

24

UN Day

Mixed Millet Bhelpuri



Ingredients

Ragi- 1 cup
Mix of millets- 1 cup
Boiled potato- 1
Peeled onion- 1
Tomato- 1
Chillies- 2

Peanuts
Green Chutney
Chat Masala
Lemon Juice

1.

Recipe

Mix all the ingredients in a bowl.

2.

Recipe

Spruce up the mixture with coriander leaves and serve.





Little

Little millet is rich in Magnesium which helps improve heart health. It is also rich in Niacin which helps lower cholesterol. Little millet contains phosphorus which is great for weight loss, tissue repair and energy production after strenuous workout. It also helps detoxify the body.



November 2023

mon	TUE	WED	THU	FRI	SAT	sun
		1	2	3	4	5
		Karwachauth	Road Safety Ass(I-III)	Be A Scientist (Critical thinking through survey or MCQ) I-V		
6	7	8	9	10	11	12
	Say No TO Plastic Street Play(V)	Noise Pollution (IV-V)	Diwali Celebration (I-V)	PSPE Day (IV)	Diwali Break Begins	DIWALI
13	14	15	16	17	18	19
GOVARDHAN PUJA	CHILDREN DAY	BHAI DOOJ	Mass Media Ass(I-III)	Visit to Int. Toilet Museum (IV-V)	Samvad (Online) (I-V)	CHHAT PUJA
20	21	22	23	24	25	26
Calligraphy (I-V)		Kindness Ass (IV-V)	Our Heritage-Our Pride Ass (I-III)	Heritage Quiz(I-V)		
27	28	29	30			
GURU NANAK JAYANTI		Zero Hunger Ass (IV-V)	Pollution Control Day (I-III)			

05

World Tsunami Day

07

Natioinal Cancer Awareness Day

09

Legal Services Day

14

Children's Day

17

National Epilepsy Day

20

Africa Industrializaton Day

21

World Television Day

Jowar Medley



Ingredients

Rice Bran Oil- 1 tbsp
Mustard Seeds- 2 tbsp
Curry Leaves- 15-20
De-seeded Green chillies- 2
Ginger- 1 tbsp
Diced Baby corn- 2-3
Chopped Zucchini- 1/2

1.

Recipe

Soak the jowar seeds overnight and boil it in the same water for 15 minutes.
Heat the rice bran oil in a pan. Add mustard seeds, curry leaves, green chillies and ginger.
When the seeds splutter, add baby corn, after a minute add the the zucchini and stir fry.

2.

Recipe

Add the red peppers and yellow peppers. Stir fry.
Add the salt, pepper & cooked jowar. Toss well.
Garnish with Coriander leaves and serve.





Buckwheat

Buckwheat is rich in fiber. Fiber allows for regular bowel movements and reduces the potential for experiencing symptoms such as constipation. A diet high in fiber is sure to protect your digestive health. Buckwheat can play a valuable role in controlling blood sugar levels



December 2023

mon	TUE	WED	THU	FRI	SAT	sun
				1	2	3
4	5	6	7	8	9	10
Computer Literacy Activities (I-V)	ROI-II Begins(I-V)	National Energy Conservation Day (IV-V)	Pride of Flag Ass(I_III)			
11	12	13	14	15	16	17
Face To Face with Freedom fighters (TV Show –IV-V)		Mathematics Day Ass (IV-V)	Vijay Diwas Ass (I-III)	PSPE (III)		
18	19	20	21	22	23	24
Vocab Run(vocabulary Building I-V)	Good Health & Well Being (Story Telling) I-III	Farmer's Day Ass (IV-V)	Christmas (I-III)			
25	26	27	28	29	30	31
 CHRISTMAS DAY		Braille Day Ass (IV-V)	New Year Ass (I-III)	ROI Ends (I-V)	Winter Break Begins	

02

National Pollution Control Day

03

World Day of the Handicapped

04

Indian Navy Day

07

Indian Armed Forces Flag Day

14

World Energy Conservation Day

22

National Mathematics Day

Buckwheat Dhido



Ingredients

1 cup of buckwheat flour
3 cups of water
Salt to taste

1.

Recipe

In a large pot, bring the water to a boil. Gradually add the buckwheat flour, stirring constantly to avoid lumps. Add salt and reduce the heat to low.

2.

Recipe

Cook for 10-15 minutes, stirring occasionally until the mixture becomes thick and smooth. Serve hot with vegetable curry.





Amaranth

The nutrients in amaranth can offer significant health benefits as a part of a healthy diet. It's a source of vitamin C, which is vital to the body's healing process because it helps process iron, form blood vessels, repair muscle tissue, and maintain collagen.



January 2024

mon	TUE	WED	THU	FRI	SAT	sun
 HAPPY NEW YEAR 1	2	3	4	5	6	7
8 School Reopens (I-V)	9 Readathon (I-V)	10 World Hindi Diwas Ass (IV-V)	11 Lohri Ass (I-III)	12	13  HAPPY LOHRI	14  MAKAR SANKRANTI
15 Fit India (IV-V)	16 Fit India (I& III)	17 Incredible India (IV-V)	18 Netaji Subhash Chandra Bose Ass (I-III)	19 Fit India (II)	20	21
22	23 Mental Ability (I-V)	24 National Girl Child Day Ass (IV-V)	25 Republic Day Celebration (I-V)	26  REPUBLIC DAY	27	28
29 Martyr's Day(I-V)	30	31				

02

Tailang Swami Jayanti

12

National Youth Day

14

Pongal

20

Guru Govind Singh Jayanti

23

Subhas Chandra Bose Jayanti

30

Gandhi Punyatithi

Amaranth Laddu



Ingredients

1 cup of amaranth flour
1/2 cup of jaggery or brown sugar
1/4 cup of ghee
1/4 cup of water
1/4 cup of chopped nuts (optional)

1.

Recipe

In a pan, melt the ghee over medium heat.

Add the amaranth flour and roast until it turns golden brown.

Add jaggery or brown sugar and water and mix well.

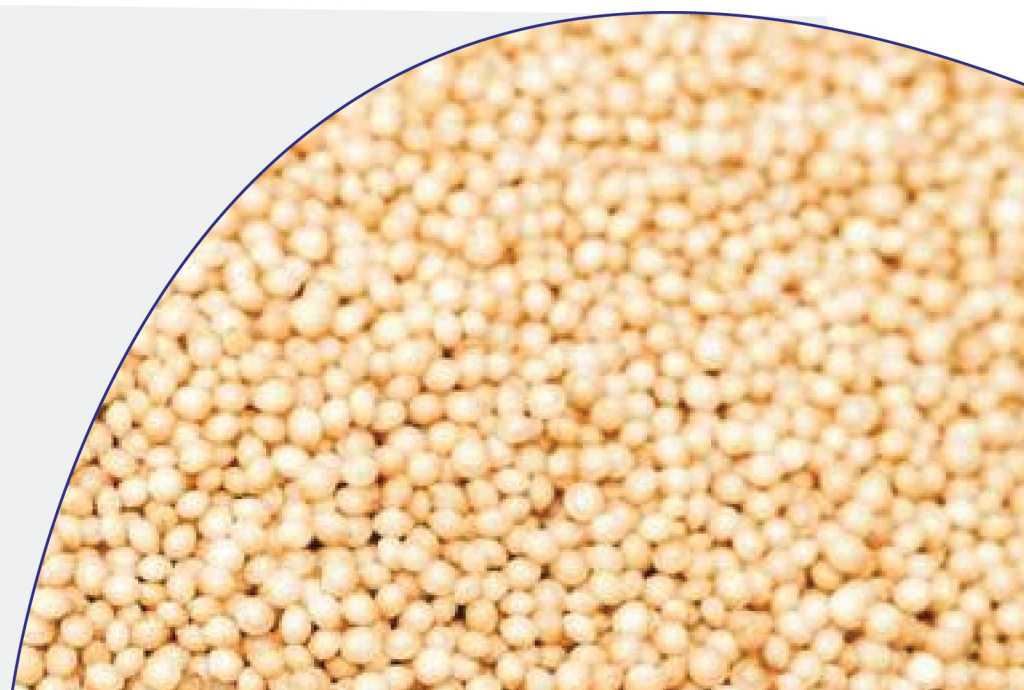
Cook for a few more minutes until the mixture becomes thick.

2.

Recipe

Remove from heat and add chopped nuts (optional).

Form small balls with the mixture while it is still warm and let them cool.





Kodo

Paspalum scrobiculatum, commonly called Kodo millet or Koda millet, is an annual grain that is grown primarily in Nepal and also in India, Philippines, Indonesia, Vietnam, Thailand, and in West Africa from where it originated.



February 2024

mon	TUE	WED	THU	FRI	SAT	sun
			1	2	3	4
			Scouts & Guide Camp			
5	6	7	8	9	10	11
		Sharing the Planet (IV-V)	Gender Equality (I-III)	PSPE Day (I)		
12	13	14	15	16	17	18
		Basant Panchmi (IV-V)	Gratitude –the Best Attitude Ass (I-III)		PYP Exhibition (I-V)	
19	20	21	22	23	24	25
Calligraphy (I-V)		Exam Warriors (IV-V)	Hard work is the key to success(I-III)		Excursion (I-V)	
26	27	28	29			
		Stress Management (IV-V)	Save Energy (I-III)			

04

World Cancer Day

14

Vasant Panchami

24

Guru Ravidas Jayanti

Kodo Millet and Vegetable Soup



Ingredients

1/2 cup of millet grains
1 onion, chopped
2 garlic cloves, minced
1 carrot, chopped
1 celery stalk, chopped
1/2 cup of chopped cabbage
4 cups of vegetable broth or water
1/4 cup of chopped fresh parsley
Salt and pepper to taste

1.

Recipe

Rinse the millet grains under running water and drain.
In a pot, heat the oil over medium heat.
Add onion and garlic and cook until the onion is translucent.
Add carrot, celery, and cabbage and cook for a few more minutes.
Add millet grains, vegetable broth or water, salt, and pepper.

2.

Recipe

Bring to a boil and reduce the heat to low.
Cover the pot and simmer for 20-25 minutes or until the millet is cooked and the vegetables are tender.





Corn

Corn is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a “prebiotic,” which means it supports good bacteria in your digestive system. This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer.



March 2024

mon	TUE	WED	THU	FRI	SAT	sun
				1	2	3
4	5	6	7	8  MAHA SHIVARATRI	9	10
11 SA-II Begins (I-V)	12	13	14	15	16	17
18	19	20	21	22	23	24
		SA-II Ends (I-V)				
25  HOLI	26	27	28	29  GOOD FRIDAY	30	31
			Result Declaration (I-V)	Orientation Session-2024-25		

08

International Women's Day

11

Ramakrishna Jayanti

23

Shaheed Diwas

31

Easter

Corn Curry



Ingredients

2 cups of corn kernels
1 onion, chopped
1 tomato, chopped
2 garlic cloves, minced
1 tsp of ginger paste
1 tsp of cumin powder
1 tsp of coriander powder
1/2 tsp of turmeric powder
1/2 tsp of chili powder
Salt to taste
2 tbsp of vegetable oil

1.

Recipe

In a pan, heat the vegetable oil over medium heat.

Add onions and cook until translucent.

Add ginger and garlic and cook for a few more minutes.

Add the chopped tomato and cook until the tomato is soft and mushy.

Add the corn kernels, cumin powder, coriander powder, turmeric powder, chili powder, and salt. Mix well.

2.

Recipe

Cover and cook for 10-15 minutes or until the corn is tender.

Serve hot with rice or roti

