

## Healthy Indian Recipes—The Spice Corner



**Dosas** are a staple food in south Indian cooking, and are popular as a breakfast , dinner item and are usually an entire meal in themselves . They are essentially crepes or pancakes made of a variety of lentils, whole grains and rice. They are usually paired with sides called Chutneys (savory relishes), Podis (spiced lentil powders mixed in oil), or Sambar ( lentil soups and veggies).

Blog post: [The Spice Corner](#)