

RED LENTIL DAL

Adapted from Julia Hincman, RD, LDN

Ingredients

- 1 tablespoon canola or olive oil
- 2 cups chopped onions, divided
- 3 garlic cloves, minced, divided
- 1 cup dried red lentils
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ¾ teaspoon ground ginger
- 1 pound cauliflower, chopped into bite-sized pieces
- 2 plum tomatoes, chopped
- ¼ cup chopped fresh cilantro
- 1 jalapeño or serrano chili, minced (remove seeds if you prefer less spice)

Instructions

In a medium skillet, heat oil on medium heat. Add 1 cup chopped onions and 1/3 of your minced garlic. Sauté until golden brown and set aside.

In a large saucepan, combine 3 cups water with the lentils, remaining onions and garlic, and spices. Bring to a boil. Once boiling, reduce heat and simmer uncovered until the lentils are tender (about 15 minutes).

While the lentils cook, place the cauliflower in a saucepan with a few tablespoons of water over medium heat. Cover and steam until crisp-tender (about 5 minutes).

Once the lentils are tender, add in the reserved sautéed onion mixture and cooked cauliflower. Simmer until the flavors combine (about 5 minutes). Season to taste with salt and pepper (1/8 tsp of salt per person is assumed for the nutrition information).

Top with tomatoes, cilantro, and pepper.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 280

PROTEIN: 16 grams

SODIUM: 330 milligrams

CARBOHYDRATE: 45 grams

FIBER: 10 grams

FAT: 5 grams

SATURATED FAT: 1 grams