



Red Lentil Dal

SERVES 8

Pillar of Nutrition: Lean on Protein

Ingredients

- 2 cups **red lentils**
- 4 cups **water**
- 1 ½ teaspoons **salt**
- 1 ½ Tablespoons **fresh ginger**, minced
- 2 cloves **garlic**, minced
- 2 large **tomatoes**, diced
- ½ teaspoon **turmeric**; or more to taste
- 1 ¼ teaspoons **cumin**
- 1 ½ Tablespoons **coconut oil**
- 1 cup **cilantro**, coarsely chopped
- 2-3 cups **fresh spinach** (optional)
- **Rice** or **naan bread** for serving

Variations to Try

- Add 1 - 2 spoonfuls of yogurt on top as a finishing touch.
- For more authentic taste, substitute garam masala for turmeric and ghee for coconut oil (same amount).
- You can use other types of lentils (yellow or green) or dried split peas, but these take longer to cook.

Something to Chew On

- Dal or daal is a Hindi word meaning legumes. What are legumes?
- There are countless variations of Dal all across India. Every household has their favorite, different regions use varying methods and spices, sometimes it's served as a meal, sometimes as a side.
- Why is turmeric healthy?

Directions

1. Rinse the **lentils**.
2. Fill a large pot with the **water**. Add the rinsed **lentils** and the **salt** and bring to a boil on high heat. When the **lentils** are boiling, lower the heat to medium-low to simmer.
3. Mince the **ginger** and the **garlic** and dice the **tomatoes**. Add the **ginger**, **garlic** and **tomatoes** to the **lentils**.
4. Add the **turmeric** and **cumin** to the **lentils**.
5. Simmer until the **lentils** and **tomatoes** are soft, about 10 minutes.
6. Add the **spinach**, if using, and simmer for another minute until the **spinach** is wilted.
7. Add the **coconut oil** and the **cilantro** and turn off the heat.
8. Serve over **rice** or with **naan bread**.

