

Yellow Lentil Dal Recipe

Ingredients:

1. 2 Tablespoons canola oil
2. 3 teaspoons whole cumin seeds
3. 2 teaspoons red pepper flakes
4. 1 medium onion, diced (1.5 cups)
5. 2 cloves garlic, minced (2 tsp.)
6. 1 tsp. salt
7. 1.5 cups yellow lentils, sorted and rinsed
8. 2 cups low-sodium vegetable broth
9. 1 tsp ground tumeric

Preparation:

1. Heat oil in saucepan over medium-high heat. Stir in cumin and red pepper flakes, and saute 1 minute. Add onion, garlic, and salt, and saute 1 minute more.
2. Add lentils, vegetable broth, 2 cups water, and turmeric. Cover, reduce heat to medium-low, and simmer 25 minutes, or until liquid is absorbed.
3. Serve with rice or roti and salad on the side. 1 scoop yoghurt (optional)

NUTRITIONAL INFO

Calories: 236 Carbohydrate: 35g Fat 6g Fiber 7g Protein: 13g Saturated Fat 0.5g Sodium 442mg Sugar 3g

