



BeFit

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Weekday RD Recipes: Red Lentil Dal

From Julia Hincman, RD, LDN

Ingredients:

1 tbsp canola oil
2 cups chopped onions, divided
3 garlic cloves, minced, divided
1 cup dried red lentils
1 tsp ground turmeric
1 tsp ground cumin
3/4 tsp ground ginger
1 pound cauliflower, chopped into bite-sized pieces
2 plum tomatoes, chopped
1/4 cup chopped fresh cilantro
1 jalapeño or serrano chile, 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.

Meanwhile, 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 and garlic 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 chile. (Serve with whole wheat pita, if desired.)

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 275 calories

PROTEIN: 16 g

SODIUM: 330 mg

CARBOHYDRATE: 45 g

FIBER: 10 g

FAT: 5 g

SAT FAT: 1 g