

Lentil Dal



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
10" Chef's Gourmet Skillet

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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Recipe Description:

Lentils are loaded with protein, fiber and other vital nutrients that make it an excellent complement to any meal. This can be served as a soup or topped onto brown basmati rice for a balanced and nourishing meal.

1 cup
brown, green or red lentils
(200 g)
3 cups
water
(700 mL)
¼ teaspoon
turmeric
(0.5 g)
¼ teaspoon
cinnamon
(0.5 g)
¾ teaspoon
ground cumin
(1 g)
¾ teaspoon
ground coriander
(1 g)
¼ teaspoon
garam masala

(0.5 g) ¼ teaspoon
cayenne pepper (optional)

(0.5 g) ½ teaspoon
salt, or to taste

(3 g) ⅓ cup
onions, shredded, use Cone #1

(55 g) 1 teaspoon
fresh ginger

(2 g) 1 teaspoon
honey

(7 g) 2 tablespoons
lime juice

(30 mL) ¼ cup
chopped cilantro or parsley, for garnish

(15 g)

Directions:

1. Place lentils and water in sauce pan and cook over medium heat. When Vapo-Valve™ clicks, reduce heat to low and add turmeric, cinnamon, cumin, coriander, garam masala, cayenne and salt. Stir to combine and cover. Cook for approximately 45 minutes or until done.
2. Meanwhile, preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add onions and ginger. Cook until onions are tender.
3. When lentils are done cooking, add honey and lemon juice, mixing well to dissolve honey. Add sautéed onion mixture. Adjust for seasoning.
4. Sprinkle with cilantro or parsley and serve.

Nutritional Information per

▼ Serving

Calories: 187
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 302mg
Total 33g
Carbs:
Dietary Fiber: 15g
Sugar: 3g
Protein: 13g