

# Savory & Spicy Red Lentil Dhal



Every ingredient in this delicious and extremely economical dish is considered as a “superfood.” This tasty and unique concoction is truly good for both your health and your wallet.

*4 Servings*

## WHAT YOU'LL NEED

1½ cups dried red lentils	1½ tsp. ground cayenne pepper
Pinch of ground turmeric	1 tsp. curry powder
5 fresh garlic cloves, crushed, peeled & minced, and an even amount of fresh ginger, peeled & minced, plus 4 additional garlic cloves, crushed, peeled & minced	1 tsp. ground cumin seed
1 fresh sweet red pepper, ribs & seeds removed, finely chopped	1 medium yellow onion, peeled & finely chopped
1 fresh red chile or green jalapeño pepper, ribs & seeds removed, finely chopped (optional)	1 tbsp. extra virgin olive oil
1 generous handful fresh baby spinach leaves, finely chopped	1 tsp. whole cumin seeds
	3 whole dried red chile peppers
	1 tsp. garam masala
	¼ cup finely-chopped fresh cilantro, plus more for garnish

*Note: Spice amount may be modified to taste.*

## HOW TO MAKE IT

Pour the lentils into a medium bowl and inspect, removing any that are oddly shaped. Rinse the lentils in 3 or 4 changes of water, until the rinsing water is no longer cloudy. Pour the rinsed lentils into a large, deep saucepan. Add 4 cups of water and the pinch of turmeric, and bring the lentils to a slow boil over medium heat.

While the water begins to warm up, finely chop (preferably in a food processor, if available) 5 garlic cloves with an even amount of fresh ginger, the sweet red pepper, the spicy red chile/jalapeño pepper (if using) and the handful of spinach leaves. Add mixture to the lentils.

Add the cayenne pepper, curry powder and ground cumin to the lentils (each about ½ tsp. to 1 tsp., depending on your preference). Once the lentils come to a boil over medium heat, lower the heat, cover and simmer for approximately 25 minutes (until the lentils are soft and mushy).

**“The Secret Ingredient Mixture”:** Mince the 4 remaining garlic cloves and the onion. In a small frying pan over medium-high heat, add the extra virgin olive oil and the whole cumin seeds. Allow the seeds to darken to a warm brown color (about 30 seconds), and then add the minced garlic and onion, along with the whole dried chiles. Sauté this combination until the onion and garlic turn a light golden color (about 5 minutes). Then, stir in the additional ½ tsp. cayenne pepper and 1 tsp. garam masala. Allow to combine for 30 seconds.

Once the lentils have turned mushy (after the approximately 25 minutes of simmering), stir them vigorously. Pour the Secret Ingredient Mixture over the lentils. Add ¼ cup finely-

chopped fresh cilantro. Stir to combine and allow the lentil mixture to simmer for another 2 to 3 minutes, uncovered. Taste and adjust the seasonings to your preference. Add a garnish of fresh cilantro for presentation.

### **CULTURAL HERITAGE, HEALTH VALUE & WEALTH VALUE**

**Cultural Heritage:** This Indian-inspired dish, which is infused with even more nutrients and flavor by the addition of spinach and red pepper, results in a beautiful American fusion creation.

**Health Value:** Excellent. This powerful combination of superfoods is truly remarkable in terms of health properties.

**Wealth Value:** Excellent. An extremely economical meal. Any good kitchen intent on eating healthfully should already have the spices in stock. Therefore, the total for this meal should be about \$2.00 per serving.

