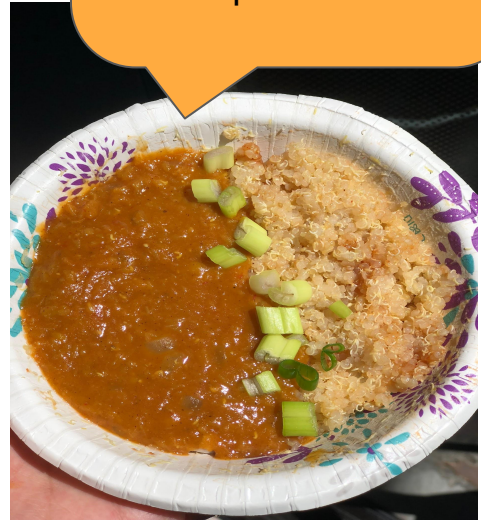


Indian-Inspired Lentils

Ingredients

- 1 Tb. sesame oil (or olive oil, butter)
- 1 cup white onion, chopped
- 2 cloves garlic, minced (or 1 tsp. powder)
- 1 Tb. ginger, diced or grated
- 3 c. water (or broth)
- 1 c. dried red lentils
- 1 Tb. curry powder
- 1/4 tsp. cayenne pepper
- 1 tsp. salt (or to taste)
- 2 Tb. tomato paste (optional)

Nutrition Tip: Dahl is an Indian-inspired lentil stew. Lentils are a nutrient-dense and affordable plant protein.



Directions

1. In a medium pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic, and ginger.
2. Cook, stirring, until onions are translucent, about 6 minutes.
3. Add remaining ingredients. Bring to a boil, then turn down to low, cover and simmer for ~20 mins., until lentils are tender.
4. Adding more water to the dahl if needed.
5. Serve hot with flatbread or rice. Garnish with a dollop of greek yogurt and chopped cilantro or green onions.

Recipe adapted from <https://www.thespruceeats.com/>

Get more recipes at

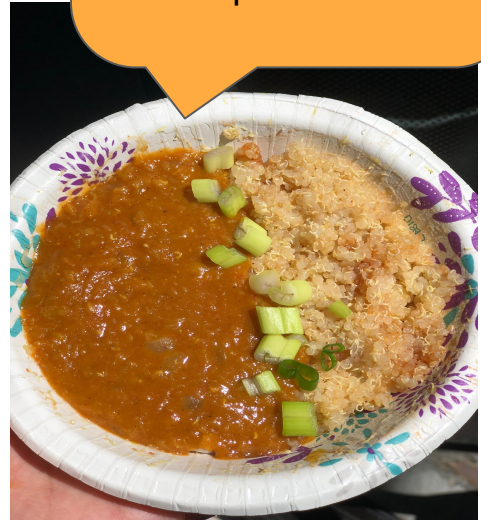
uhs.berkeley.edu/studentnutrition

Lentil Dahl

Ingredients

- 1 Tb. sesame oil (or olive oil, butter)
- 1 cup white onion, chopped
- 2 cloves garlic, minced (or 1 tsp. powder)
- 1 Tb. ginger, diced or grated
- 3 c. water (or broth)
- 1 c. dried red lentils
- 1 Tb. curry powder
- 1/4 tsp. cayenne pepper
- 1 tsp. salt (or to taste)
- 2 Tb. tomato paste (optional)

Nutrition Tip: Dahl is an Indian-inspired lentil stew. Lentils are a nutrient-dense and affordable plant protein.



Directions

1. In a medium pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic, and ginger.
2. Cook, stirring, until onions are translucent, about 6 minutes.
3. Add remaining ingredients. Bring to a boil, then turn down to low, cover and simmer for ~20 mins., until lentils are tender.
4. Adding more water to the dahl if needed.
5. Serve hot with flatbread or rice. Garnish with a dollop of greek yogurt and chopped cilantro or green onions.

Recipe adapted from <https://www.thespruceeats.com/>

Get more recipes at

uhs.berkeley.edu/studentnutrition