



The Kitchen at Second Harvest Lentil Coconut Curry try at home recipe

Recipe modified from tastythriftytimely.com

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Ingredients

- 1/2 tbsp oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp curry powder
- 1 tsp cumin
- 1 cup red lentils, rinsed
- 2 cups vegetable broth
- 1 cup chickpeas
- 1/2 can diced tomatoes
- 1 cup coconut milk
- pinch of cinnamon
- 1/2 cup spinach, packed

Yield: 4-6 servings

Directions

1. Heat oil in a saute pan over medium heat. Add onion and garlic. Season with salt and pepper. Saute for 3 minutes.
2. Add the curry powder and cumin. Toast the spices for 1 minute.
3. Add broth, lentils, and diced tomatoes. Raise the heat to bring to a boil, then reduce heat and simmer for 10-15 minutes until lentils are tender.
4. Add coconut milk, chickpeas, and cinnamon. Cook uncovered for 5 minutes until heated through.
5. Stir in spinach and remove from heat.



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and ways to get involved!



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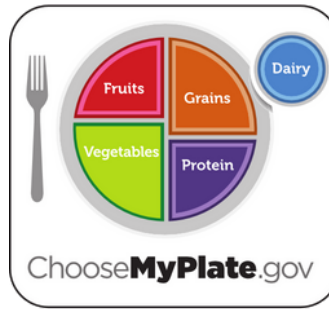


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Serve with rice or roasted veggies
- Add chili powder, red pepper flakes, or cayenne for a little spice

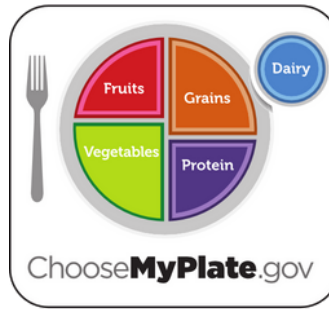
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Nutrition Facts

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Serving size	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 7.7g	39%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes < 1g Added Sugars	1%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 4.14mg	25%
Potassium 517mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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