



Red Lentil Dal (Masoor Dal)

Ingredients

- 2 ½ cups red lentils
- 2 small to medium onions diced or julienned
- 3 Tbsp. finely minced fresh ginger
- 6-8 cloves garlic finely minced
- 7 cups water
- 1 Tbsp. lemon juice
- 2 tsp. salt plus some for salting water
- 1 Tbsp. sugar
- 1 tsp fennel seeds
- 2 tsp. fenugreek seeds
- 1 Tbsp. mustard seeds
- 1/2 cinnamon stick
- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- 1 tsp. of paprika
- 1 tsp. of turmeric
- Enough olive or vegetable oil to cook ginger, garlic and onion

Directions



1. Bring lightly salted water to a boil and add rinsed lentils. Cook on high until lentils are soft and starting to break apart stirring occasionally.
2. In a well oiled skillet add onions and cook on medium high until they start to brown, turn down heat and add ginger and garlic and cook until they start to brown but not burn.
3. In a separate small frying pan, add the whole spices on medium heat and let cook until the mustard seeds start to pop. Take off heat and let cool in the pan. When cool, grind in a mortar and pestle or coffee/spice grinder until a fine powder is reached.
4. Add mixture to the ginger, garlic and onion and cook on low until readily fragrant and add to cooked lentils along with turmeric and paprika.
5. Add lemon juice and sugar and more salt if necessary. Serve over basmati rice with fresh cilantro or Raita.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Yield: 5 servings
Serving Size: 1 cup



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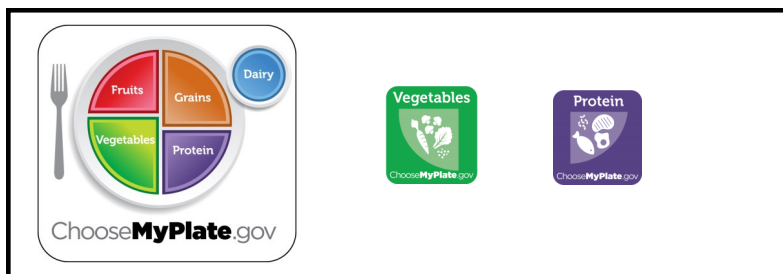
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Fast Facts



Featured Food Groups



Cooking Tips



- Getting your ginger, garlic, and onions to a caramelized point is important.
- Toasting the spices is important. Be mindful of not burning them because fenugreek takes on a bitter flavor when scorched.
- Try blending the mixture for a creamier texture.
- Olive oil or vegetable oil is not included in the nutrition facts.

Second Harvest is an equal opportunity provider.

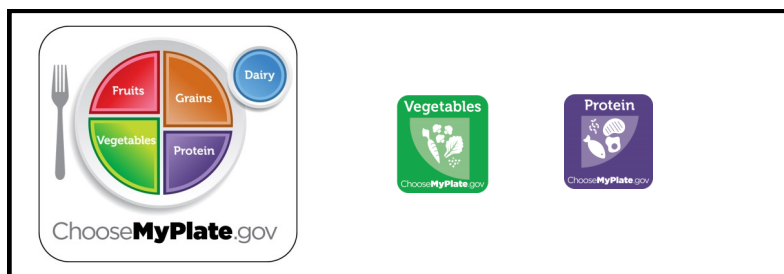
Nutrition Facts	
5 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Polyunsaturated Fat 1.28g	
Monounsaturated Fat 0.62g	
Cholesterol 0mg	0%
Sodium 940mg	41%
Total Carbohydrate 64g	23%
Dietary Fiber 23g	82%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Sugar Alcohol 0g	
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 10.86mg	60%
Potassium 1147mg	25%
<small>*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.</small>	



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