

Lisa's Favorite Red Dal

1 ½ cup red lentils
1 1 inch piece of fresh ginger, grated
1 onion, coarsely chopped
½ tsp. turmeric
2 cloves garlic, coarsely chopped
3 cups water
1 Tbsp. extra virgin olive oil
1 tsp. cumin seed
1/8 tsp. red pepper flakes
2 medium tomatoes, chopped
8 oz. baby spinach, washed thoroughly
2 Tbsp. finely chopped cilantro

Wash lentils with clear water, then place in a pan with the ginger, tumeric and 3 cups of fresh water. Bring to a boil, reduce heat, and simmer for about 45 minutes until the lentils are tender. Stir occasionally, and add more water if needed.

While lentils are cooking, chop the vegetables. In a medium frying pan, warm the oil, add the onion and garlic, and sauté until fragrant and translucent. Add the cumin seed and red pepper flakes and continue to sauté for an additional minute. Remove from heat.

When the lentils are tender, add the tomato and spinach to the lentil pot. Stir well, and simmer for an additional 5 minutes. Add the onion/garlic mixture, and add salt and pepper to taste.

Pour into serving bowls, garnish with cilantro, and enjoy.

For a heartier meal, serve over cooked brown rice or with chapatis.