

Lentil Dahl

This recipe is a great source of iron which helps your blood move oxygen to where your body needs it.

Serves 8



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and minced
- ½ teaspoon cumin
- ½ teaspoon garam masala
- ½ teaspoon curry powder
- 2 cups dried lentils
- 4 cups vegetable broth
- 4 cups water
- 8 cups fresh spinach, chopped
- Salt and pepper to taste

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 190 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 510mg **21%**

Total Carbohydrate 33g **11%**

Dietary Fiber 8g **32%**

Sugars 2g

Protein 11g

Vitamin A 25% • Vitamin C 8%

Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. In a large pot cook olive oil and onion over medium heat until onion is soft, about 5 minutes.
2. Add garlic, ginger, cumin, garam masala, and curry powder. Cook for 2 minutes more.
3. Add lentils, broth and water and simmer approximately 30 minutes or until lentils are soft.
4. Add spinach and simmer until spinach is soft.
5. Taste and add salt and pepper if desired.

Please note: nutritional values are approximate.