



## Red Lentil Dhal

This is a great recipe with turmeric. Turmeric reduces inflammation. Traditionally they don't put in the spinach but since I love adding greens into my diet as much as possible I put them in. You decide which way you like it.

Serves 4

1 cup red lentils  
1 tsp turmeric  
¼ tsp cayenne  
4 cups water

2 Tb butter or coconut oil  
1 lg onion diced  
3 cloves garlic minced  
1 Tb chopped fresh ginger  
2 tsp curry powder  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp sea salt  
½ cup spinach torn into medium size pieces

- Rinse lentils in a bowl and drain in a strainer.
- Place into a saucepan with water, turmeric and cayenne.
- Bring to a boil, turn down to a simmer cover and simmer 30 minutes
- In the meantime melt butter or oil in a sauté pan.

- Sauté onions with salt, 3 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are very soft about 8 minutes.
- Add spices and sauté 2 minutes.
- Simmer 30 minutes until lentils are soft.
- When the lentils are soft whisk the lentils with a wire whisk to get an even texture.
- Add the onion mixture. Stir to blend.
- Add the spinach, stir until wilted 2 minutes.

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