



RED LENTIL DHAL

Makes 6 servings | Serving size: 1 cup

PREP TIME

10 min

COOK TIME

20 min

TOTAL TIME

30 min

This easy, red lentil dhal is a delicious way to end your day! Lentils can take on a variety of different flavors, making them the perfect base for this Indian dish. High in fiber and protein, they're also a nutritional superstar.

Ingredients

- 6 cups water
- 2½ cups red lentils
- 2 tablespoons curry paste
- ½ cup lite coconut milk
- ⅓ cup water
- ½ teaspoons salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne
- 2 teaspoons curry powder
- ½ teaspoon turmeric
- 1 teaspoon chili powder
- 2 tablespoons sugar
- Lime wedges
- ¼ cup cilantro



Directions

1. Bring the water to a boil in a large pot.
2. Add the lentils, cover, then cook for 20 minutes. Be sure to keep the water at a boil to ensure the lentils cook thoroughly. Stir occasionally to prevent the bottom from burning.
3. Remove from heat and stir in all the other ingredients, except for the lime wedges and cilantro.
4. Serve over rice or with flatbread. Top with fresh cilantro and lime juice.