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## Winter Vegetable Dal (Red Lentils)

Makes 6 servings. Recipe adapted from AARP.

### Ingredients

2 tablespoons coconut oil or canola oil	1 1/2 cups red lentils (see Tips), rinsed
1 teaspoon brown mustard seeds	1 14-ounce can "lite" coconut milk
1 teaspoon cumin seeds	1 1/2 teaspoons salt
12 fresh curry leaves (see Tips) or 1 large bay leaf	1 teaspoon ground turmeric
1 medium onion, finely chopped	2 1/2 cups cubed peeled butternut squash
1 serrano chile, finely diced	2 cups cauliflower florets (1-inch)
3 tablespoons finely chopped fresh ginger	1 large Yukon Gold potato (about 8 ounces), cut into 1/2-inch chunks
4 medium cloves garlic, finely chopped	1 teaspoon garam masala (see Tips)
4 1/2 cups water	2 tablespoons lime juice
	Fresh parsley for garnish

### Nutritional info per serving

Calories:	340
Total fat:	10g
Cholesterol:	0mg
Sodium:	620mg
Total Carbs:	47g
Dietary Fiber:	10g
Protein:	17g
Potassium:	690mg

### Directions

1. Heat oil over medium-high heat in a large pot. Add mustard seeds, cumin seeds and curry leaves (if using) and cook until the seeds begin to pop, about 20 seconds. Add onion, chile, ginger and garlic and cook, stirring occasionally, until the onion is starting to brown, about 5 minutes.
2. Add bay leaf (if using), water, lentils, coconut milk, salt and turmeric to the pot. Bring to a boil, stirring frequently to make sure the lentils don't stick to the bottom. Add squash, cauliflower and potato; return to a boil. Reduce heat to a simmer and cook, uncovered, stirring occasionally, until the vegetables are just tender when pierced with a fork, 20 to 25 minutes.
3. Remove from heat; stir in garam masala and lime juice.

### Tips:

- Find fresh curry leaves in the produce section (and sometimes in the freezer) at Asian markets. Any unused leaves can be frozen, airtight, for up to 2 months.
- Red lentils are excellent in soups, salads and vegetarian stews. You can find them in the natural-foods section of your supermarket or in natural-foods stores.
- Garam Masala is commercially available in most super markets in the spice and herb section.