



Makes about 5 cups
Cook Time: 45 minutes

INGREDIENTS:

1½ cups red lentils, rinsed and soaked

1½ teaspoons peeled and grated fresh ginger

1 teaspoon ground coriander

1 teaspoon onion powder

½ teaspoon ground turmeric

½ teaspoon ground cumin

½ teaspoon garlic powder

Sea salt

1 tablespoon fresh lemon juice (from 1 lemon)

1 tablespoon finely chopped fresh cilantro

Steamed rice or whole-grain bread, for serving

Red Lentil Dal

This red lentil recipe has a very traditional texture, where the lentils are mushy but still intact. For a soupier texture, blend the lentils in a blender before adding the lemon juice and cilantro. This is great served as-is, or you can use it as the base for a variety of vegan soups. Just add any vegetables, throw in some leftover cooked grains like quinoa, brown rice, millet, or pasta, and you'll have a hearty one-dish meal.

From *The Forks Over Knives Plan*

By Darshana Thacker Wendel

- 1 Place the lentils in a saucepan and add 4 cups of water.
- 2 Bring to a boil over high heat. Reduce the heat to medium and stir in the ginger.
- 3 Cover the pan and simmer until the lentils are soft and have turned yellow, 15 to 20 minutes.
- 4 Add the coriander, onion powder, turmeric, cumin, garlic powder, salt to taste, and 1 cup water if the dal is very thick. Simmer for about 10 minutes more to blend the flavors.
- 5 Stir in the lemon juice and cilantro. Taste and adjust the seasoning. Serve hot, with rice or bread.