



Coconut Lentil Curry (serves 4)

INGREDIENTS:

Lentils:

1 1/2 cup red split lentils

(soaked and washed before starting, about 10 minutes)

Curry:

1/4 cup neutral oil, such as grapeseed oil or vegetable oil

1 bay leaf, 1 star anis, 2 inch cinnamon bark, 2 green cardamom pods, 2 cloves (whole spices)

3 tsp cumin seeds

1 medium yellow onion, finely chopped

4-5 garlic cloves, crushed or grated into a paste

1/2 inch piece ginger, crushed or grated into a paste

2 tomatoes, finely chopped (1 1/2 cups)

1 small green chili (Serrano), chopped or sliced lengthwise (chopped for more heat, sliced for less)

3 tsp cumin powder

3 tsp coriander powder

1/4-1/2 tsp red chili powder or cayenne, or more to taste

1/2 tsp turmeric powder

2 1/2 tsp sea salt or table salt adjust to taste

2 1/4 cups water for cooking lentils

Tempering:

1 tbsp ghee or oil

1 sprig curry leaves, stem removed

3/4 tsp cumin seeds

1/2 tsp black mustard seeds



To wash lentils: Place lentils in a small-medium bowl and fill with water. Use your hand to swirl the lentils around until the water becomes murky. Tip the bowl to take out the excess water and repeat until the water runs clear. Remove any debris and strain the excess water.

1 tbsp ghee or butter

1 can coconut milk

1 tsp garam masala

2 tbsp lemon juice

3 tbsp chopped cilantro

Vegetables (optional)

1 small long eggplant cut in small chunks

1 small zucchini cut in small chunks

2 cups spinach

Prepared boiled rice, quinoa or naan to serve curry



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INSTRUCTIONS

1. In a medium pot add oil and set to medium temperature. When oil heats up add bay leaf and whole spices - star anis, cinnamon bark, green cardamon, cloves. Cook for about 30 seconds.
2. Add the chopped onion and sauté until onion is slightly translucent. Add a pinch of salt and two tsp of cumin seeds, continue to sauté for about 30 seconds.
3. Add chillies and tomatoes, and continue cooking until the tomatoes soften.
4. Add the ginger and garlic paste. Stir until fully incorporated.
5. Add in turmeric, cumin, Chilli powder (if using), salt (to taste) and coriander powder. Add one tbsp of Ghee (or vegan butter). Stir until spices come together.
6. Add the washed and drained soaked lentils. Stir gently until incorporated. Add water alongside with eggplant and zucchini, if using. Cover the pot and let cook for 10 minutes until the lentils and vegetables are cooked.
7. Add coconut milk. Add spinach if using. Lower heat. Taste for salt. Lower heat to simmer and prepare the tempering.
8. Tempering: In a separate large pan, heat 1 tbsp ghee or oil over medium-high heat. Once hot, add the curry leaves, cumin seeds and mustard seeds and sauté for about 15 seconds until sizzling. Turn off heat.
9. Add tempering to the lentil curry pot, you will hear a “whoosh” sound and mix. Bring the curry to a simmer. Allow the curry to reduce and the flavors to meld for about 3 minutes, or until you achieve the desired consistency. Taste and adjust salt, if needed.
10. Add garam masala, lemon juice and cilantro to garnish.
11. Taste for salt, spice and lemon. Everyone has a different salt, spice and lemon preference so make it your own.

Serve hot with rice, quinoa, roti, or naan. Or, you can even enjoy on its own as a stew.



TIPS:

- For home made garlic and ginger paster, blend peeled garlic or ginger with a bit of water (enough to puree) and store the crushed garlic/ginger in a container in the fridge.
- Adding whole spices to the oil in Step 1 helps to “bloom” the spices to enhance the flavour
- Add a pinch of salt while sauteing the onions to get them to sweat faster.



Warm Cabbage Salad (serves 4)

INGREDIENTS

- 1 tbsp oil
- 1 small white cabbage sliced
- 2 medium red peppers sliced into strips
- 3 limes
- 1 tbsp seasoning - Chaat masala
- 2 tbsp chopped cilantro to garnish

INSTRUCTIONS

Heat a saucepan on medium. Add the oil to the pan. Once the oil is heated, add the cabbage and peppers (or any vegetables used) and stir fry for 2 mins. Add the salt. Stir and turn off the heat.

The vegetables should be crisp, but soft. Plate the salad, sprinkle the seasoning and squeeze the lime juice. Garnish with cilantro. The salad will have a tangy taste. Taste and adjust by adding more lime and chaat masala for your own tangy preference.



TIPS:

- If you do not like cabbage you can use any of the following: Shredded carrots, chopped kale, daikon cut into strips
- [Chaat Masala](#) can be bought at any international foods section at Superstore, Save On Foods, Walmart, or Indian Specialty Stores. Any brand works.
- Chaat Masala can be used for many purposes. For example, as seasoning on vegetables, popcorn or fries.



Tips & Additional Information

LENTILS

Lentil seeds are a staple in Indian cuisine, and they can be split or whole, and shelled or unshelled. Those with husks remain whole with moderate cooking, while those without husks tend to disintegrate into a thick purée. Split lentils known as dal are often cooked into a thick curry that is usually eaten with rice or roti, a type of flatbread. Seed coats range from light green to deep purple, as well as being tan, grey, brown, black or mottled. Shelled lentils are yellow, orange, red, or green.

Lentils can be eaten soaked, germinated, fried, baked or boiled. Cooking time ranges from 10 to 40 minutes. The common red lentil has a shorter cooking time and does not need to be soaked.

One cup of cooked lentils provides:

- 230 Calories
- About 40 grams of Carbohydrate and 18 grams of Protein
- Less than 1 gram of Fat, about 15 and a half grams of Fiber

This is nearly 60% of the recommended daily intake of dietary Fiber supporting a healthy gut microbiome and digestive health



HEALTH FACTS - LENTILS:

- carotenoids – antioxidants that help reduce the risk of cardiovascular disease and cancer, and support vision, immune function, and skin health;
- lutein and zeaxanthin involved in eye health; and
- polyunsaturated fatty acids, which are the good fats we want in our diet
- Approximately 25% of the calorie content in lentils comes from protein
- Lentils are considered a Rich source of Folate (90% of the DV), Iron, Manganese, and Phosphorus.
- They are a Good source of Thiamine, Pantothenic acid, Vitamin B6, Magnesium, Copper, and Zinc.
- They also contain Potassium and Niacin.

Sources:

- <https://en.wikipedia.org/wiki/Lentil>
- <https://balancingbowls.com/lentils-nutrition-facts-and-health-benefits/#high-in-fiber>



Tips & Additional Information

CABBAGE

Cabbage is a member of the “cruciferous” vegetable group that includes broccoli, kale, radishes, cauliflower, and Brussel sprouts. It comes in green, white, purple and red, with smooth or crinkly leaves.

It is a common and versatile vegetable, used for soups, salads, kimchi, and sauerkraut.



HEALTH FACTS - CABBAGE:

- Low in calories and high in fiber, helping to maintain a healthy digestive tract.
- Contains antioxidants, such as choline, lutein, and anthocyanin, that fight free radicals and reduce stress on your cells.
- Leafy green vegetables reduce your risk of developing type 2 diabetes, and may promote brain health and reduce your risk of developing dementia.
- “Cruciferous” vegetable contain high levels of indole-3-carbinol, believed to play a role in preventing several types of cancer, including colorectal cancer.

Sources:

- <https://www.brownhealth.org/be-well/cabbage-and-benefits-overlooked-superfood#:~:text=The%20fiber%20found%20in%20cabbage,also%20contains%20something%20called%20anthocyanins.>
- <https://www.webmd.com/diet/health-benefits-cabbage>