

Spicy Red Lentil Dal

Ingredients:

- 2 cup low sodium vegetable broth
- 1 medium onion, chopped
- 1 cup red lentils, sorted and rinsed
- 1 tbsp. vegetable oil
- 2 cloves garlic, minced
- ½ tsp. crushed red pepper
- 1 tsp. ground cumin
- 2 tsp. fresh lime juice
- ½ tsp. ground coriander
- 1 tbsp. tomato paste
- ½ cup light coconut milk



Nutrition Facts

Serving Size 1 cup (227g)
 Servings Per Container 5

Amount Per Serving

Calories 240 **Calories from Fat 50**

% Daily Value*

Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 12g	

Vitamin A 2% • Vitamin C 6%
 Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Bring broth and lentils to a boil in a pot over high heat. Reduce heat to medium low, partially cover and simmer 10 minutes, or until lentils are tender. Cover and remove from heat.
2. Heat oil in a nonstick skillet over medium heat.
3. Add onion, garlic, and red pepper flakes; sauté 5 minutes, stirring constantly.
4. Add coconut milk and lentils and cook 3 minutes more.