

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

Amount Per Serving Calories 240 Calories from Fat 50 % Daily Value* Total Fat 6g 9% Saturated Fat 2g 10% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 105mg 4% Total Carbohydrate 36g 12% Dietary Fiber 8g 32% Sugars 4g 9 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 calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 20mg 25g	Nutrition Facts Serving Size 1 cup (227g) Servings Per Container 5				
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Directions:

- 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.