

Curried Lentil & Butternut Squash Stew

Ingredients

- 1 cup mansoor dal (red lentils)
- 1-2 bunch(es) of leafy greens (of your choice)
- 2.5 cups water
- 1 onion finely chopped
- 6 cloves garlic minced
- 1 tbsp butter, ghee or non-dairy substitute
- 1/2tbsp mustard seeds
- 1/2 tsp garam masala
- 1/2 tbsp. cumin seeds
- 2 tsps coriander
- 1inch fresh ginger
- 1/2 tbsp turmeric powder
- 1/2 tbsp olive oil or coconut oil
- Salt and pepper to taste

Instructions:

1. Skin and cut your squash into small cubes. Sautee in a pan with the oil on the stove with a lid until tender or bake in the oven at 350 degrees for 15-20 minutes or until tender.
2. Wash and cut your greens of choice. Dry and put aside until the end to add to the pot.
3. **Cook water and lentils for about 15-20 minutes** in a pot. While you are cooking the water/split peas, cut up the onions and garlic.
4. **Heat butter in a small skillet**, and add the mustard and cumin seeds.
Let the seeds pop. Then add the turmeric, garam masala and coriander.
Next add the tomato, onion, ginger and garlic (pound the latter two in a mortar and pestle together first then add). Brown these ingredients.
5. Once you've cooked the lentils they should have soaked up most or all of the water. **Add the spice mixture to the pot, add salt and pepper** then allow flavors to mingle for a couple of minutes. **After, add your cooked squash and sitr. Lastly add you greens and stir until barely softened. Taste for seasoning** and Enjoy!

Did you know?

Red lentils are small but pack in a lot of nutrition! 1/4 a cup of cooked red lentils provides only 170 calories, 1 gram of fat, 28 grams of carbs, 7 grams of fiber, 13 grams of protein and 1 gram of natural sugar. According to the Livestrong Foundation "low-fat proteins such as lentils are essential for growing, building, repairing and maintaining tissues in blood, skin, bone and muscle cells. Protein is also a particularly satiating nutrient and may be able to keep you full for longer than carb- or fat-rich foods, which can be important if you're watching your weight. Finally, both red and French lentils are high in dietary fiber. According to Harvard School of Public Health, that means they can improve digestive health and potentially lower levels of blood cholesterol and blood sugar.

Source: Livestrong Foundation- <http://www.livestrong.com>