



*Where Will Your Next Meal Take You?*

**What a Wonderful World!**

## Chana Dal

Dal is the generic term for dried legumes in India, and it is often the primary source of dietary protein. These little guys look like yellow split peas, but they're actually baby chick peas with their skins removed and split. Because they're younger and smaller, yellow lentils have an extremely low glycemic index. They are rich in both protein and folate, not to mention being an excellent source of soluble fiber.

**Prep time:** 15 minutes

**Soaking time:** 2 hours

**Cooking time:** 30 minutes

**Servings:** 4

### Ingredients

1 cup chana dal

4 cup water

2 tbsp olive oil

½ cup chopped onion

1 tsp fresh grated ginger

1 tsp minced garlic

½ cup chopped tomatoes

1 tsp salt

½ tsp turmeric

1 tsp garam masala

1 tbsp lime juice

1 tbsp chopped cilantro

### Directions

Sort lentils to remove any small stones, wash until water runs clear, and soak for 2 hours in plenty of water. Drain.

Bring 4 cups water to a boil, add lentils, boil for 5 minutes and reduce heat. Cover and simmer for 30 minutes until the lentils are soft and most of the water is absorbed or evaporated.

Heat a saucepan, add olive oil and sauté chopped onion until golden brown. Add ginger and garlic and stir-fry for 1 minute.

Add tomatoes and cook until the oil separates. Add turmeric, garam masala and salt. Stir-fry for 2 minutes then add the cooked lentils, lime juice, and cilantro and stir. Cover, and turn the heat off.

Serve over basmati rice or with real Indian roti or pita bread, and Chai tea. For a quick snack, roll it in a burrito.

**GLUTEN  
FREE**

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