

Spiced Lentils And Vegetables

With Rice

Ingredients:

3 medium potatoes
¼ cup green peas
1 cup rice
½ cup toor dhal
4 tamarind slices

3 tbsp olive oil
2 small onions, diced
1 tsp salt
¼ tsp peanuts,
dried and unsalted

Masala
7 to 8 dried red chilies
1 ½ tsp coriander seeds
1 ¼ tsp chana dal
1 tsp urad dal
¼ tsp mtehi seeds
1 small cinnamon stick
2 to 3 cloves
1 tbsp water

Method:

1. Cut potatoes in 1-inch cubes. Put in a large pot, cover with water, and bring to a boil. Add peas and simmer about 15 minutes, or until potatoes are tender. Drain, set aside the 2 cups of vegetable stock.
2. In a separate saucepan, combine rice and toor dal in 6 cups of water. Bring to a boil, cover, and simmer 15 minutes.
3. To extract juice from tamarind, soak in ½ cup boiling water for 15 minutes. Mash with a fork to squeeze out juice. Strain and discard pulp. Reserve juice.
4. Heat 1 tbsp olive oil in a large saucepan. Add onions; cook and stir until golden brown. Add tamarind juice; simmer for 6 to 7 minutes. Remove from heat. Add salt and asafetida.
5. Combine all ingredients for masala except water. Roast on gas top/oven at 350°F for 3 to 5 minutes. Remove from pan. Grind masala; add water to make a paste.
6. Add this masala and onion-tamarind mixture to the potato-pea mixture. Add the 2 cups of vegetable stock. Simmer on low heat for 7 to 8 minutes. Add rice-dal mixture. Stir to mix well. Continue to simmer for another 10 minutes, until the consistency is like a thick vegetable stew.
7. Meanwhile, heat remaining 1 tbsp olive oil in a small nonstick frypan. Add peanuts; cook and stir until lightly browned. Use as a garnish.

Yield: 9 cups

Serving size: 1 ½ cups

Servings per recipe: 6

Exchanges: Starch/bread 3; Fat 1

Nutrient content per serving:

Calories: 133

Carbohydrate: 48 g

Fat: 5 g (45 Calories from fat)

Dietary fiber: 5.4 g

Saturated fat: Negligible

Sugars: 6 g

Cholesterol: 0 mg

Protein: 10 g

Sodium: 450 mg

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.