

Indian Lentil Saute with Kale and Asparagus

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-asparagus-curry-recipe-indian-style>

Ingredients:

- 1 cup green lentils
- 2 tablespoons virgin olive oil extra-
- 1/2 yellow onion medium, finely chopped
- 3 cloves garlic minced
- 1 tablespoon fresh ginger freshly minced
- 1 tablespoon curry powder or more! Indian, I used Maharajah
- 1/2 bunch asparagus sliced into 1-inch pieces
- 1 bunch kale chopped
- 1/4 cup chopped cilantro
- 1 lemon
- coarse salt
- freshly ground pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 49 grams
3. Fat: 9 grams
4. Fiber: 21 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 2 grams

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