

# Spinach Lentil Dal

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spinach-lentil-recipe>

## Ingredients:

- 3 tablespoons ghee
- 1 onion diced
- 4 cloves garlic rough chopped
- 2 tablespoons ginger finely chopped
- 1 jalapeno medium, finely chopped, or serrano
- 1 teaspoon black mustard seeds
- 2 teaspoons cumin seeds
- 2 teaspoons Garam Masala
- 1 pound spinach fresh if possible or frozen
- 10 mint leaves optional
- 2 tablespoons water if using fresh spinach
- 3/4 cup water
- 1/2 cup plain yogurt
- 4 cups black lentils cooked, or aka caviar lentils, beluga lentils or French green lentils
- 1 teaspoon salt

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 1130 milligrams
9. Sugar: 6 grams

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