

Indian Red Lentil Dal

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-tart-recipe-indian>

Ingredients:

- 1 cup red lentils rinsed
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1 cinnamon stick 2-inch
- 1 cup diced yellow onion
- 1 green chili pepper stemmed, seeded, and minced, serrano for spicy, jalapeno for more mild
- 4 garlic cloves minced
- 1 tablespoon minced ginger root finely
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon paprika
- 3/4 teaspoon kosher salt
- 1 medium tomato diced
- 1 1/2 lemon
- cilantro leaves Chopped, for garnish, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 42 grams
3. Fat: 4 grams
4. Fiber: 19 grams
5. Protein: 14 grams
6. Sodium: 460 milligrams
7. Sugar: 4 grams

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