

# Zucchini with Lentils and Roasted Garlic

Yield: 6 min  
Total Time: 15 min

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

## Ingredients:

- 1 cup lentils yellow mung, rinsed and drained
- 1/2 teaspoon ground turmeric
- 2 teaspoons salt
- 4 cups water
- 2 tablespoons oil
- 6 large garlic cloves crushed
- 1 teaspoon cumin seeds
- 1 onion small, about 1/4 lb/125 g, thinly sliced
- 4 zucchini small, about 1 lb/500 g, cut into 1/4-in, 6-mm-thick half-moons
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1/2 teaspoon paprika
- 2 tablespoons fresh coriander chopped, leaves, cilantro

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Fat: 6 grams
4. Fiber: 12 grams
5. Protein: 10 grams
6. Sodium: 810 milligrams
7. Sugar: 5 grams

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