Nilam's Split Pea and Calabash Squash Curry

Yield: 4 min
Total Time: 40 min

Recipe from: https://www.recipeschoose.com/recipes/squash-curry-coconut-recipe-indian

Ingredients:

- 1 tablespoon peanut oil
- 1/4 teaspoon dhal udad, optional
- 1/4 teaspoon fenugreek seeds optional
- 1/2 teaspoon mustard seeds optional
- 1 pinch asafoetida or hing, optional
- 1 clove garlic chopped
- 1 tablespoon ginger chopped fine
- 1/2 cup onion chopped fine
- water as needed
- 2 cups squash
- 1 seeds
- 1/3 cup tomato chunks, thinned with about 2 tbsp of water
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 teaspoon cumin ground
- 1 teaspoon coriander ground
- 1/2 cup chopped cilantro divided, safe half for garnish, optional
- 2 teaspoons garam masala to add just before serving

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 600 milligrams

8. Sugar: 1 grams

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