

Toor Dal Curry with Spinach (Toor Palak Dal)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-toor-dal-curry-recipe>

Ingredients:

- 1 cup toor dal or yellow split peas, red lentils could work, too
- 1 tablespoon coconut oil or your choice of oil
- 1 1/2 teaspoons cumin seeds
- 1/4 teaspoon asafoetida
- 1 large tomato cut into 8 or 12 thin wedges, heaping 1/2 cup
- 1/2 teaspoon chile flakes Aleppo
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon turmeric
- 1 bunch fresh spinach trimmed and chopped, 330g, prepped
- 1 lemon 3 tablespoons
- 1/2 teaspoon sea salt or to taste
- 1/2 teaspoon Garam Masala

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 38 grams
3. Fat: 4 grams
4. Fiber: 19 grams
5. Protein: 16 grams
6. SaturatedFat: 3 grams
7. Sodium: 370 milligrams
8. Sugar: 2 grams

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