



Inflammation Fighting Lentil Curry

Ingredients:

1 cup uncooked green lentils - red also works
1/2 tsp. turmeric powder
1 Tbs. extra virgin olive oil
1 Tbs. organic canola oil
1 large onion, thinly sliced
1 large bag of spinach or 4 cups chopped kale
1 inch piece ginger
1 Tbs. chili powder
1 15 oz. can no-salt-added diced tomatoes
1/4 tsp. salt – more to taste if needed.
1/2 cup cilantro or flat parsley leaves
Dollop of Greek, plain yogurt

Directions:

Cook lentils per instructions on the package. I recommend TruRoots Sprouted Green Lentils – they take 5 minutes to cook.

Meanwhile, in a large skillet heat the olive and canola oil, sauté the onion until browned, about 10 minutes.

Cut half of the ginger into fine matchsticks for garnish and grate the rest. Stir the grated ginger, turmeric and chili powder into the onions. Stir in the tomatoes and simmer until dish is heated through about 5 minutes.

Stir the lentils into the skillet along with the kale or spinach and simmer for an additional 5 minutes. Season with up to 1/4 tsp. of salt and garnish with a dollop of Greek yogurt, the ginger matchsticks and cilantro or parsley leaves.

Compliments of Nutrition Action