



Inflammation Fighting Lentil and Squash 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
2 Cups roasted butternut squash (delicata squash works great too)
1 large bag of spinach or 4 cups chopped kale
1 tsp. of minced ginger (jarred or minced fresh)
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.

Stir the ginger, turmeric and chili powder into the onions. Add the tomatoes and winter squash; simmer until dish is heated through about 5 minutes. (To roast squash, see above recipe.)

Stir the lentils into the skillet along with the kale or spinach and simmer for an additional 5 -7 minutes. Season with up to 1/4 tsp. of salt and garnish with a dollop of Greek yogurt and cilantro or parsley leaves.

Modified from Nutrition Action