

Wild Blueberry Curry Dal – by Christine Tizzard

Tizz's Tips : 1 serving (1/2 cup cooked) lentils = 9 g protein + 8 g fiber

Cook Time: 25 to 35 minutes

Makes: 6 to 8 servings

Ingredients:

2 Tbsp oil or butter of choice

1/2 tsp cayenne pepper or chili powder

1 tsp ground cumin

1 tsp ground coriander

1 tsp ground turmeric

1 tsp garam masala

1 large onion, diced

2 garlic cloves, finely chopped

1 Tbsp finely chopped fresh ginger

1 1/2 cups dry red or black lentils, or a combination of both

1 can (400 mL) coconut milk

2 1/2 cups (750 mL) of broth of choice (vegetable broth is good here)

1 cup frozen wild blueberries

Salt and pepper to taste

Add In Options: 1 cup diced tomato or diced green pepper

Add On Options: fresh lemon or lime juice to taste, plain yogurt, chopped cilantro or mint, toasted chopped seeds, nuts, or coconut.

Subs: dry lentils = dry pigeon peas, mung beans, split black chickpeas, cooking time may vary depending on what you use



Method:

1. In a large saucepot over medium-high heat add oil and then add spices to toast, stirring, until fragrant, about 30 seconds.
2. Stir in onion, garlic and ginger and cook until softened, about 3 to 5 minutes.
3. Stir in lentils to coat in oil and spices.
4. Pour in coconut milk with 2 1/2 cups of broth and bring to a boil, reduce heat to simmer, stirring occasionally, until dal is thick and mushy, 20 to 25 minutes. Stir in frozen wild blueberries to heat through and season with salt, pepper and citrus juice if desired.
5. Serve with suggested Add Ons.