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Prevent and Protect
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LENTILS WITH CHIA SEEDS

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- 2 tablespoons olive oil
- 1 large white onion, chopped
- 1 teaspoon cumin seeds
- ¼ teaspoon ground cardamom
- 1 teaspoon minced garlic
- 2 tablespoons minced fresh ginger
- 1 teaspoon turmeric
- ½ fresh jalapeno, peeled, seeded, and minced
- 3½ cups vegetable stock
- 2 cups red lentils, rinsed
- 1 14-ounce can fire-roasted crushed tomatoes
- ½ teaspoon kosher salt
- 1 tablespoon chia seeds
- 4 tablespoons chopped cilantro
- Cooked brown rice for serving (optional)

- Heat oil in a large saucepan over medium heat. Add onion and sauté until lightly caramelized, about 10 minutes. Add cumin seeds, cardamom, and garlic; sauté until fragrant, about 2 minutes.
- Stir in 4 cups water, ginger, turmeric, jalapeno, vegetable stock, lentils, and tomatoes and bring to a boil.
- Reduce heat to low, cover, and simmer, stirring occasionally, until lentils are tender, about 15 minutes.
- Stir in salt, chia seeds, and cilantro; serve immediately with brown rice on the side, if using.