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Prevent and Protect
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Stewed Lentils with Yogurt, Cucumbers, and Green Chiles (vegetarian)
WholeLiving.com

Serves 4

For the Lentils:

- 1 teaspoon whole cumin seeds
- 2 tablespoons olive oil
- 1 cup diced onion
- 4 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground turmeric
- 5 cups water
- 2 cups red lentils
- Kosher salt

For the garnish:

- ½ cup diced onion
- 1 cup of cucumber, peeled, seeded and diced
- 1 green chile, such as serrano, thinly sliced
- ¼ cup cilantro, plus whole leaves for garnish
- 1 tablespoon white vinegar

For serving:

- 4 cups cooked brown brown basmati rice
- 1 cup 2% Greek yogurt

Heat a saucepan over medium heat. Toast cumin seeds until fragrant, about 1 minute, swirling pan to prevent sticking. Set aside. Heat oil and add onion, garlic, and ginger. Cook, stirring until onions are tender, about 8 minutes. Add tumeric and toasted cumin seeds. Cook 1 minute. Add water and lentils. Bring to a boil, reduce to a simmer and partially cover. Cook until lentils are tender and mixture thickens, about 18 minutes. Season with salt.

Meanwhile, prepare garnish. Combine onion, cucumber, chile, cilantro, and vinegar. Season with salt.

To serve, ladle lentils over rice; top with yogurt and cucumber mixture. Sprinkle with cilantro leaves.

PER SERVING: CALORIES 652; FAT 2 g saturated fat, 8 g unsaturated fat; 3 mg cholesterol; 109 g carb; 34 mg sodium; 36 g protein