

# Indian-Spiced Lentils with Spinach

By Kirsten Ransbury

Serves 6

2 Tbs. olive oil, divided

2 Tbs. yellow mustard seeds

2 ½ tsp. whole cumin seeds

3 Tbs. minced fresh ginger

3 cloves garlic, minced (1 Tbs.)

1 medium red onion, chopped (1 ½ cups)

1 cup brown lentils, rinsed and drained

3 cups low-sodium vegetable broth

6 cups baby spinach leaves

1. Heat 1 Tbs. oil in nonstick skillet over medium-low heat. Add mustard and cumin seeds. Cover skillet. Cook 2 minutes or until seeds begin to pop. Cook 1-2 minutes more or until popping stops, shaking skillet often. Remove from heat, stir in ginger and garlic. Cover and set aside.
2. Heat remaining 1 Tbs. oil in saucepan over medium heat. Add onion and raisins. Saute 10 minutes or until onions begin to brown. Stir in lentils and broth. Bring to a boil. Reduce heat to medium-low; simmer 25 minutes. Add spinach, cover, and cook mixture 6 minutes more. Stir to incorporate spinach leaves. Then stir in spice mixture.

Nutrition Facts per 1-cup serving: 245 Cals, 11 g protein, 6 g total fat (<1 g saturated fat), 40 g carb, 0 mg cholesterol, 130 mg sodium, 11 g fiber. Note: fat can be reduced by cooking onions and raisins in vegetable broth instead of oil.

