



Mango Dal



1 cup yellow split peas (lentils)
4 cups water
1/2 teaspoon salt
1/2 teaspoon ground turmeric
2 Tablespoons ghee
1 teaspoon cumin seeds
1/2 large onion, chopped

2 cloves garlic, minced
1/2 Tablespoon minced fresh ginger
1/2 teaspoon ground coriander
1/2 teaspoon chili powder
1/4 teaspoon cayenne pepper
2 mangos, peeled and diced

Instructions: Rinse lentils in a fine mesh sieve under cold water. In a large saucepan, combine lentils, water, salt and turmeric. Bring to a boil; reduce heat, cover and simmer for 15 minutes, stirring occasionally (lentils won't be fully cooked). Remove from heat. Meanwhile, heat ghee in a large skillet. Add cumin seeds and cook 30 seconds. Add onion and cook until soft, about 5 minutes, stirring so it doesn't burn. Add garlic, ginger, coriander, chili powder and cayenne pepper and cook 1 minute more. Transfer onion mixture to lentils and add mangos. Return to simmer, cover and cook for 10 minutes until lentils are fully cooked. May serve over cooked rice.

Yield: 6 servings

Nutrition Facts (per serving): 230 calories, 5 grams fat, 200 milligrams sodium, 40 grams carbohydrate, 11 grams fiber, 8 grams protein