

Let's Cook our Commodities!

Coconut Curry Lentils

Ingredients

- 2 Tbsp. vegetable or Canola oil
- 4 cloves garlic, minced
- 1½ Tbsp. grated fresh ginger
- 1 yellow onion, finely chopped
- 2 Tbsp. curry powder
- ½ tsp. ground turmeric powder
- 1 tsp. salt
- ½ tsp. black pepper
- 1 cup dried lentils
- 3 cups water
- 1 can (14 oz.) light coconut milk
- 1 package (9-10 oz.) frozen spinach, thawed and squeezed of all liquid

Makes
5 servings

Prep Time
5 minutes

Cook Time
40 minutes

Good Source of
Fiber
Protein
Iron



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Nutrition Facts

5 servings per container	
Serving size	1 cup (344g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 4mg	20%
Potassium 529mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat oil in a large skillet or saucepan over medium heat.
2. Sauté garlic and ginger until soft and fragrant, about 1 minute.
3. Add onion and cook until soft and translucent, about 3 minutes.
4. Add curry powder and turmeric powder. Stir to combine and cook for an additional minute.
5. Add the salt, black pepper, dried lentils, and water to the pan. Stir to combine. Cover with lid, turn the heat up to medium-high, and bring the water to a boil.
6. Once boiling, turn heat down to low and let simmer for 20 minutes, stirring occasionally.
7. Once lentils are tender, add coconut milk and tomato paste, and stir to combine. Return heat to medium and allow the liquid to return to a simmer. Let simmer without a lid for an additional 8 minutes, stirring often, until mixture starts to thicken.
8. Add drained spinach and stir gently. Cook for an additional 2 minutes. Taste the mixture and adjust the salt or curry powder to your liking.
9. Serve hot over a bowl of rice. Refrigerate leftovers.

