



Curried Lentils with Sweet Potato and Kale

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive oil	10 mL
1 medium	Yellow onion, diced small	110 g
5 cloves	Garlic, peeled, minced	5 cloves
2 tsp	Ginger, fresh, minced	4 g
2 tsp	Garam masala seasoning	6 g
2 tsp	Curry powder	6 g
1/2 tsp	Cayenne pepper	1.5 g
2 lbs	Sweet potatoes, cut into 1/4 inch cubes	910 g
1 1/2 cups	Green lentils	170 g
1 each	Bay leaf	1 each
4 cups	Vegetable stock	946 mL
1 lb	Kale, washed, sliced thin	134 g
1 tsp	Salt	3 g
To Taste	Black pepper	To Taste
2 tbsp	Cilantro, washed, chopped	8.4 g
2 tbsp	Lime juice	30 mL
1/3 cup	Almonds, toasted	38 g
1/2 cup	Scallions, sliced thin on the bias	50 g

Preparation:

1. Gather all ingredients and equipment.
2. Place a large pot on the stove over medium-high heat. Add the olive oil and the yellow onion and sauté until translucent, approximately 4-5 minutes.
3. Add the garlic, ginger, garam masala, curry powder and cayenne pepper. Stir the mixture and sauté for an additional 1-2 minutes.
4. Stir in the lentils, sweet potato, bay leaf and vegetable stock. Increase the heat to high and bring to a boil; once the water starts boiling immediately reduce the heat to medium-low to simmer.
5. Cover the pot and cook for 25 minutes. Remove the lid and add the kale, salt and pepper. Stir and place the lid back on the pot, cook for an additional 15-20 minutes or until the lentils are tender.
6. Transfer the lentil mixture to a large bowl. Toss the lentils with the remaining ingredients and serve.

****Nutrition Facts on Reverse** (Delete if facts fit on 1 page)

Nutrition Facts	
Serving size	1/2 cup
Servings	8
Calories	350
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	0 mg
Sodium	387 mg
Carbohydrates	60 g
Dietary Fiber	17 g
Sugars	10 g
Protein	15 g
Vitamin A	250 %
Calcium	17 %
Vitamin C	128 %
Iron	33 %
Phosphorus	287 mg
