



Moong Dal and Red Lentils

A spicy Indian dish.

<u>U.S.</u>		<u>Metric</u>
2 cup	Red Split Lentils	226 g
10 cups	Water	2370 mL
1 tsp	Turmeric	5 g
1 tsp	Salt	5 g
4 tsp	Olive oil	20 mL
4 tsp	Butter, chopped small	20 g
1 tsp	Honey	5 g
1 1/2 tsp	Cumin	4.5 g
6-8 medium	Dried Hot Chillies	102 - 136 g
2 medium	Onion, chopped small	220 g
As needed	Cooking Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 300°F / 145 °C.
3. Place Moong dal, lentils and 5 cups of water in pot and simmer for 20-30 minutes or until soft. When cooked, remove from heat and strain any excess water.
4. Place all ingredients (except cooking spray) in a large bowl, and mix until fully incorporated.
5. Spray a foil-lined baking sheet with cooking spray. Spread mixture on baking sheet.
6. Bake for 30 minutes, stirring every 10-12 minutes.

Nutrition Facts

Serving size	3/4 cup
Servings	6
Calories	240
Calories from Fat	60
Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	5 mg
Sodium	320 mg
Carbohydrates	33 g
Dietary Fiber	8 g
Sugars	4 g
Protein	14 g
Vitamin A	6 %
Calcium	4 %
Vitamin C	0 %
Iron	2 %
Phosphorus	14 mg
