



Moong Dal with Lentils and Onion

A spicy Indian dish.

<u>U.S.</u>		<u>Metric</u>
1 cup	Moong Dal	113 g
1 cup	Red Split Lentils	113 g
5 cups	Water	1185 mL
1/2 tsp	Turmeric	2.5 g
1 1/2 tsp	Salt	7.5 g
2 tbsp	Olive Oil	30 mL
2 tbsp	Butter, chopped small	30 g
1/2 tsp	Honey	2.5 g
3/4 tsp	Cumin	2.25 g
3-5 medium	Dried Hot Chilies	51 - 85 g
1 medium	Onion, chopped small	110 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	320
Calories from Fat	80
Total Fat	9 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	10 mg
Sodium	404 mg
Carbohydrates	44 g
Dietary Fiber	16 g
Sugars	4 g
Protein	17 g
Vitamin A	36 %
Calcium	7 %
Vitamin C	33 %
Iron	31 %
Phosphorus	281 mg
