

Cheera Chertha Parripu - Yellow Lentils With Spinach

Yellow lentils are a perfect complement to spring spinach, both in color and flavor. **YELLOW LENTILS WITH SPINACH** can be eaten with Indian bread or rice accompanied by meat or fish dishes.

Ingredients (To serve 4)

- Yellow lentils - ½ cup
- Turmeric powder - ¼ tsp
- Spinach - ¾ lb / 340 gm
- Olive oil - 2 tbsp
- Black mustard seeds - ½ tsp
- Asafetida powder (*hing*) - ¼ tsp
- Curry leaves - 6
- Whole dried red chilies - 4
- Salt - ½ tsp

Utensils

- Medium pan with lid
- Colander
- Small wok

Preparation/Pre-Cooking (40 minutes)

1. Wash the lentils.
2. Boil 3 cups of water in the pan.
3. Add the lentils to the boiling water. Add the turmeric powder. Cover and cook on low heat, skimming the froth off periodically, until tender, about 40 minutes. Add more water as needed to cook the lentils.
4. Wash the spinach in the colander.

Cooking (5 minutes)

1. Add the spinach to the cooked lentils and heat for a minute, until the spinach wilts.
2. Season with salt.

Tempering (5 minutes)

1. Heat the oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the asafetida powder and curry leaves and stir-fry for 15 seconds.
4. Add the red chilies and stir-fry for 15 seconds.
5. Pour the seasoned oil over the spinach-lentil mixture. Mix.

Serve: Warm.

Pre-Cooking Option: Cook the yellow lentils in advance.

Nutrition Information

	(per serving)	%DV
Calories	189	9 %
Carbohydrates	24 gm	8 %
Protein	9 gm	18 %
Fat	8 gm	12 %
Cholesterol	0 mg	0 %
Sodium	367 mg	15 %
Fiber	6 gm	24 %
Calcium	129 mg	13 %
Iron	5 mg	28 %