DietCloud – Recipe

Recipe Name: MASOOR DAL WITH SPINACH

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This comforting Masoor Dal with Spinach is a wholesome and flavorful Indian lentil stew, featuring tender red lentils simmered with fresh spinach, onions, tomatoes, and aromatic spices. It's garnished with fresh cilantro and typically served warm alongside fluffy cumin-spiced basmati rice, with a side of lemon wedges and thinly sliced red onions for a complete and satisfying meal.
[PROS]
- Excellent source of plant-based protein and dietary fiber from lentils, promoting satiety and digestive health.
- Rich in vitamins and minerals, especially iron, Vitamin K, and Vitamin A from spinach, supporting overall wellness.
- Low in fat and cholesterol, making it heart-healthy and suitable for various dietary preferences.
- Versatile and adaptable; can be made vegan and gluten-free, catering to diverse needs.
[CONS]
- Can be high in sodium if excessive salt or processed spice mixes are used.
- The use of certain spices (e.g., chili powder) might not be suitable for individuals with sensitive stomachs.
[DIETITIAN REVIEW]
This Masoor Dal with Spinach is an exceptionally nutrient-dense and well-balanced meal. The combination of lentils and spinach provides a powerful punch of protein, fiber, and essential micronutrients, making it a fantastic choice for plant-based nutrition and overall health. It's highly customizable to control fat and sodium content. Score: 9/10

Ingredients

Ingredient	Quantity
• Masoor Dal (red lentils)	1/4 cup
• Fresh Spinach • chopped	1 cup
• Onion • finely chopped	1/4 medium
• Tomato • finely chopped	1/4 medium

- Ginger-Garlic Paste 1/2 tsp

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- Cumin Seeds 1/4 tsp

- Turmeric Powder 1/8 tsp

- Coriander Powder 1/4 tsp

- Red Chili Powder (optional) pinch

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• Garam Masala	1/8 tsp

- Vegetable Oil or Ghee 1 tsp

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• Salt	to taste

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- Water 1.5 cups

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• Fresh Cilantro • chopped	1 tbsp

- Lemon wedges for serving

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• Basmati Rice • cooked	1 cup

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Preparation

• 1.
• Rinse the Masoor Dal thoroughly under cold water until the water runs clear.
• Set aside.
• 2.
• Heat oil or ghee in a medium pot or pressure cooker over medium heat.
• Add cumin seeds and let them splutter.
• 3.
• Add chopped onion and sauté until translucent, about 3-5 minutes.
• Then add ginger-garlic paste and sauté for 1 minute until fragrant.
• 4.
• Stir in chopped tomatoes and cook until they soften and the oil separates, about 3-4 minutes.
• 5.
• Add turmeric powder, coriander powder, and red chili powder (if using).
• Sauté for 30 seconds, stirring constantly to prevent burning.
• 6.
• Add the rinsed dal and water.
• Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes, or until the lentils are tender (or pressure cook for 2-3 whistles).
• 7.
• Once the dal is cooked and tender, stir in the chopped spinach.
• Cook for another 2-3 minutes until the spinach wilts.
• 8.
• Season with salt to taste and stir in the garam masala.
• 9.
• Garnish with fresh chopped cilantro.
• 10.
• Serve hot with cooked basmati rice and a side of lemon wedges.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	18	60	10	10	5