

## East Indian Lentils



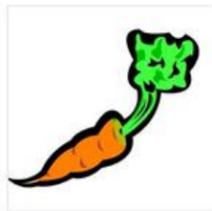
- 1 cup lentils, sorted & rinsed
- 4 cups water
- 2 tablespoons butter
- 2 garlic cloves, minced
- 1/2 teaspoon cumin seed
- 2 teaspoons ground red chile powder
- 1/2 teaspoon ground coriander
- 4 medium tomatoes, diced
- 1 bell pepper, chopped
- 1/4 cabbage, chopped
- 2 green onions, chopped
- 1/2 cup frozen spinach, torn into pieces

1. **Cook the lentils:** Bring the water and lentils to a boil over high heat. Skim off the foam that appears. Reduce the heat to low, partially cover, and simmer about 45 minutes, stirring occasionally, until tender. Add water, as needed, to keep the lentils covered as they cook.
2. In another saucepan, melt the butter over medium-high heat. Add the garlic and cumin seed and sauté until fragrant, but not brown.
3. Add the chile powder and coriander and stir for 20 seconds more.
4. Stir in the tomatoes, bell pepper, cabbage, green onions, spinach, kale, salt (if using) and lentils, along with the juice. Bring to a boil, reduce the heat to low and simmer 5-10 minutes, uncovered. Remove from the heat and cover.



## Carrot Rice Pilaf

- 1½ cups basmati rice
- 2 tablespoons butter
- ¾ cup carrot, peeled & grated
- 3½ cups water
- 1 inch cinnamon stick
- 1/2 teaspoon salt, optional



1. Put the rice into a bowl with cool water. Swirl the rice around and then pour off the water. Repeat this process 2 or 3 times, until water is clear.
2. In a saucepan, melt the butter over medium-high heat.
3. Add the rice and grated carrots and sauté for 2 minutes.
4. Add the water, cinnamon stick, and salt. Bring to a boil uncovered for 2 minutes. Reduce the heat to medium-low and cover.
5. Cook the rice for about 20 minutes, until all of the liquid has been absorbed. Remove from heat. Let the rice rest for 10 minutes before serving.

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