

David's Dal with Roast Chicken and/or Potatoes and Spinach or Kale

- 2 Cups of dry Chana dal or (lentils will do but the Chana dal is better)
- 1 Small onion, minced or bag of frozen chopped onion
- 1 Diced Anaheim or banana pepper or one can of diced green chilies
- 1 14-ounce can diced tomatoes, preferably fire-roasted
- 1 Tbsp of salt, or to taste
- 4 Tsps curry powder (or to taste)
- 1 Tbsp of cumin seeds
- 1 Heaping Tbsp of well chopped cilantro
- 1 Tsp ginger powder (or 1 teaspoon of ginger paste or 1 slice of fresh ginger)
- 1 Tsp ground cumin
- 1 Tbsp chili powder
- 1 Tsp Garam Masala
- 1/2 Cup low-fat plain yogurt
- 2-4 Deboned chicken breasts oven baked and diced or pulled (optional)
AND/OR
- 1 Pound of baby Dutch potatoes cut into halves or quarters depending on size (or substitute sweet potato or another type of potato cut into small pieces)
AND/OR
- 2 Bundles of fresh spinach (or one package of chopped frozen spinach)
OR
- 1 Package of frozen kale

Soak one pound of dry chana dal overnight or for at least 2 hours with a tbsp of lemon or lime juice stirred into the water. Rinse before cooking. Note: Chanda dal is a dried Indian pea from the lentil family and lentils may be substituted if chana dal isn't available. Bring three or four cups of water to a boil. Put the dal into the boiling water and bring back to a boil and then turn heat to low and add spices. Cover the pan with the lid slightly ajar to allow steam to escape easily. Let simmer for about one-half hour and add the vegetable(s) of choice. Bring back to a boil and reduce heat for simmering. Cook for at least another half-hour or until dal is tender. Add additional water if necessary. Remove from heat and drain excess liquid, if needed. Add in other ingredients.

If you use roasted chicken breast, which is what I use, I recommend that you cut the chicken breasts in half length wise before cooking. You can season them with salt and pepper or I baste them with my tandoori seasoning (see tandoori chicken recipe). After the chicken is cooked, let it cool and then cut the piece crosswise into small chunks.

Heat coconut or other oil in a large heavy saucepan over medium-high heat. Add onion and peppers and cook, stirring, until softened, 3 to 5 minutes. I usually add a little salt and pepper while cooking the onions and peppers. Add cilantro and stir in. Stir in the can of tomatoes and simmer for a few minutes. Add this to the cooked chana dal (or lentils) stirring often, until all ingredients are hot. You can simmer for a short while (10-15 minutes), if you like. If more liquid

is needed add small quantities of vegetable or chicken broth or save some of the cooking water when draining the dal. Remove from the heat and let cool for a few minutes before adding and stirring in the yogurt. Sprinkle with Graham Masala. Serve immediately.