

## David's Roast Chicken or Potato or Spinach Dal

3+ tablespoons coconut oil  
1 small onion, minced  
1 tablespoons curry powder (or to taste)  
1 heaping Tbsp of well chopped cilantro  
1 chopped Anaheim or banana pepper or one can of diced green chilies  
1&1/2 cups of dry Chana dal or (2 cups cooked lentils will do but the Chana dal is better)  
1 14-ounce can diced tomatoes, preferably fire-roasted

1 2-pound roasted chicken, skin discarded, meat removed from bones and diced (4 cups)  
or 3 or 4 deboned chicken breasts oven baked and diced

OR

1 pound of baby Dutch potatoes cut into halves (can substitute another type of potato)

OR

2 bundles of fresh spinach or two packages of chopped frozen spinach

1/2 teaspoon salt, or to taste  
1/2 teaspoon turmeric  
1/2 teaspoon ginger powder (or 1 teaspoon of ginger paste or 1 slice of fresh ginger)  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/2 teaspoon graham masala  
1/2 cup low-fat plain yogurt

Heat 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. Add curry powder and cook, stirring, until all ingredients are combined and intensely aromatic, 20 to 30 seconds. Add this to the cooked chana dal (or lentils) and chicken (or potatoes or spinach) and cook, 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 in case more liquid is needed. Remove from the heat and let cool for a few minutes before adding and stirring in the yogurt. Serve immediately.

Tip: Soak one and one-half cup 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 and add dry spices (except for the curry). Put the dal into the boiling water and bring back to a boil and then turn heat to low and cover with the lid slightly ajar to allow steam to escape easily. Let simmer for about one hour or until dal is tender add additional water if necessary. Remove from heat and drain. 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.

If you use potatoes, I pre-cook the potatoes in a microwave oven. Place the cut potatoes into a covered microwave safe bowl with a lid and lightly coat the potatoes with coconut or olive oil. Add salt and pepper or other seasoning to taste and cook for 5 minutes on high heat. Stir and repeat until the potatoes feel soft when stuck with a fork.

If you use spinach, steam in a small quantity of boiling water with a little salt for about 10 minutes, drain and add to the dal.