

## David's Roast Chicken Dal with either Potato, Spinach or Kale

- 1 Pound 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
- 1 Pound of baby Dutch potatoes cut into halves or quarters depending on size (or substitute another type of potato)  
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 and add dry spices. 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-half hour and add the vegetable of choice. Bring to a boil and then reduce heat and let the mixture simmer for at least another half-hour. Add additional water or broth if necessary. Add in other ingredients.

I recommend that you cut the chicken breasts in strips length wise before cooking. You can season them with salt and pepper or I sprinkle them with 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 in cooked chicken and simmer ingredients for several minutes. Add this to the cooked chana dal, chicken and potatoes or spinach or kale. Stir often, until all

ingredients are hot. You can simmer for a short while (10-15 minutes). Remove from the heat and let cool for a few minutes before adding and stirring in the yogurt. Sprinkle with Graham Masala. Serve immediately.

If you want a vegetarian dish, leave out the chicken and use potatoes with either the spinach or kale. If you avoid dairy, leave out the yogurt.