

Curried Lentils

1 cup lentils, rinsed
2 ½ cups water
1 tbsp olive oil
1 tbsp finely chopped onion
1 tsp curry powder
¼ tsp sea salt (optional)
¼ tsp pepper
¼ cup slivered almonds, toasted

Add lentils to water and bring to a boil and simmer for 30 minutes or until tender.

Meanwhile, heat olive oil in medium skillet over medium heat. Add onion and sauté about 2 minutes. Stir in curry powder, salt and pepper. Add lentils, stirring often for about 2 minutes. Remove from heat, add almonds and serve.

Serves 4.

Calories 220 Fat 7g Sat Fat 1g Carbohydrate 27g Dietary Fiber 11g Protein 13g Sodium 90mg