

Tasty Lentils

1 cup lentils, rinsed and drained
4 cups water
½ tsp ground cumin
1 bay leaf
1 tbsp canola oil
1 small onion, chopped
½ tsp ground ginger
2 cloves garlic, minced
1 tbsp ground coriander
½ tsp ground cinnamon
1 tsp paprika
1 tsp sugar
1 tbsp fresh mint, chopped
1 tbsp fresh cilantro, chopped
2 Tbsp fresh lemon juice

Combine lentils, water, cumin, bay leaf and salt to taste in medium saucepan over high. Bring to a boil. Reduce heat to medium and cook lentils, stirring occasionally until tender but firm about 12 to 15 minutes. Drain.

In a small frying pan, heat oil. Add onion, ginger, garlic, coriander, cumin, cinnamon, paprika and sugar. Cook on low for about 2 minutes.

In large bowl, combine lentils and spice mixture. Add cilantro and mint. Stir in lemon juice and serve.