

Curried Lentils with Spinach

(Adapted from "Ultimate Foods For Ultimate Health, Liz Pearson and Mairlyn Smith)

- 1 Tbsp + 1 tsp of olive oil
- 1 onion, diced
- 1 Tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 x 19 oz (540 ml) can lentils, drained and rinsed
- 1 x 28 oz (796 ml) can of diced tomatoes (low or no sodium added) OR
- 1 cup cut up fresh tomatoes
- 4 garlic cloves
- 4 cups of baby spinach leaves

1. Heat a medium saucepan over medium heat. Add olive oil and onion. Sauté for 2 minutes. Add the curry powder, cumin, coriander, and turmeric. Mix well. Cook for 1 minutes stirring constantly.
2. Add the lentils and diced tomatoes. Stir until well combined.
3. Bring to a boil. Cover and reduce heat. Simmer for 15 minutes, stirring occasionally.
4. Remove lid and turn the heat to medium. Add the garlic and mix well. Add the spinach and stir until wilts. Serve

MAKES 5 cups

1 serving = 1 ¼ cups