**Curried Lentils and Rice**.

Serves 4.

This recipe is highly adaptable. You can add other vegetables to it while it is cooking or at the end. Try stirring in chopped spinach at the end of cooking or adding potatoes to the pot at the beginning. It is also really good wrapped in a whole grain tortilla and it’s great for a hearty breakfast.

*Ingredients*:

2 teaspoons canola or vegetable oil
1½ cups onion, chopped
2 slices ginger, finely minced to equal about 1 teaspoon
2 cloves of garlic, finely minced
1 small hot pepper, finely minced
1 cup brown or green lentils, rinsed and drained
½ cup basmati or other long grain rice
2¾ cups water or broth
1 Tablespoon curry powder
½-1 teaspoon salt
1 cup frozen peas, defrosted
1 cup diced tomatoes, fresh or canned
3-4 Tablespoons chopped cilantro, for garnish
Hot sauce or chutney, to taste

*Preparation*:

1. Pour the oil into a medium or large saucepan with a lid over medium heat. Add the onion, ginger, garlic and pepper. Sauté for 1 to 2 minutes. Cook until onion begins to slightly soften, about 5 minutes. Add lentils, rice, curry powder, and water. Stir well.
2. Cover the pan and bring to a boil. Reduce heat to low and simmer for 35 minutes. Remove from heat, add peas to pot, replace cover and let sit undisturbed for 5 more minutes. Add tomatoes and salt and fluff with a fork. Transfer to a serving plate. Top with cilantro. Serve immediately.