

# RAINBOW DAL

Dal and rice is a classic, comfort Indian meal. We've added a rainbow of vegetables to the dish to add more fiber, and frankly, more color. The vegetables wilt once you mix them into the piping hot dal and add a nice texture that dal is otherwise missing. This is a very flexible dish because your kids can pick and choose their favorite vegetables to add to their meal, and you can do the same.

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## INGREDIENTS

1 cup red lentils, rinsed (soaked overnight)\*  
½ yellow onion, finely diced  
1 tablespoon ghee, butter, or coconut oil  
2 cloves garlic, minced  
½-inch knob ginger, minced  
½ cup coconut milk  
2 ½ cups water  
cauliflower rice (optional)  
basmati rice, cooked (optional)

## SPICE MIX

½ teaspoon cumin seeds  
½ teaspoon mustard seeds  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
½ teaspoon turmeric  
1 teaspoon salt  
¼ teaspoon ground black pepper

## RAINBOW

diced tomatoes  
grated carrots  
grated yellow squash  
cilantro, minced  
spinach leaves  
shredded purple cabbage  
1 tablespoon ghee  
½ teaspoon cumin seeds  
salt

## MAKES FOUR BOWLS

- 1 Gather ingredients for spice mix and set aside.
- 2 Heat a large stockpot to medium. Add 1 tablespoon ghee, butter, or coconut oil. Add onions and cook for about 5 minutes.
- 3 Add garlic, ginger, and spice mix. Cook for about 1 minute or until fragrant.
- 4 Add lentils, water, and coconut milk. Bring to a boil. Reduce to low, cover and cook for 30 minutes, stirring about halfway through.
- 5 To plate, make a tadka by heating the ghee in a pan. Add the cumin seeds and let them pop for about 30 seconds. Drizzle the cumin-spiced ghee onto the dal and mix. Garnish with vegetables of your choice.

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## NOTES

- \*The best way to make the lentils the most bioavailable is to rinse them several times, soak them overnight, then rinse them again several times.