



DID YOU KNOW?

Dal and rice, often referred to as “dal chawal,” is a common meal in India.



WARNING!

Always ask an adult's permission before using a knife or the stove.

Stir up a delicious dish of spiced dal

Ingredients

- 1 pound bag split red lentils
- 2 tablespoons neutral oil, such as grapeseed or vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, grated
- 1 teaspoon cumin seed
- 1 teaspoon grated fresh ginger
- ½ teaspoon turmeric
- 1 tablespoon tomato paste
- 1 cup unsweetened coconut milk
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper
- Juice of 1 lemon
- Parsley or cilantro, for garnish

Instructions

1. Place the lentils in a medium saucepan and cover with cold water. Soak 20 minutes, then drain and rinse the lentils.
2. Return lentils to the pan and add enough water to cover them by ½ inch. Bring lentils to a boil, then reduce heat and simmer, stirring occasionally, until they are very soft, about 8 minutes.
3. Meanwhile, heat the oil in a skillet over medium-high. Add the onions and cook, stirring occasionally, until they start to soften and color, about 5 minutes. Add the garlic, cumin seed, ginger, and turmeric and cook, stirring constantly, for about 2 minutes.
4. Mix in the tomato paste until it evenly coats the onion, then stir in the coconut milk, salt, and pepper.
5. Transfer the cooked lentils to the onion and spice mixture and stir well. Add the lemon juice, then season with more salt and pepper to taste, as needed. Top with fresh parsley or cilantro to serve. Makes 8 servings.



LIFE HACK

SHOW YOUR PETS EXTRA LOVE

National Pet Day is April 11. You may already give a pet love and affection, but this holiday serves as a reminder to show your friend a little extra appreciation. If your pet enjoys social interaction, you can plan to spend more quality time together. You might take your dog for a longer walk in a favorite park or give extra belly rubs. You could also talk to your family about treating your pet to a small gift. Maybe your cat would like a feather wand to play with or your hermit crab would like a coconut shell. Of course, the best way to show your pet love is to provide consistent care—which includes fresh food and water, playtime, and a clean living space—year-round.

Let her know she's special.

