

# Curried Lentils with Beet Greens

This Middle Eastern-inspired lentil dish works perfectly with beet or mustard greens. You can also use chard.

I recommend using red lentils for this dish, they cook faster. Curried lentils are paired with the strong flavor of hearty greens and the relatively neutral flavor of a lemon quinoa. It all turns into a tasty, ultra-nutritious meal that's good for your blood vessels and even better for your taste buds.

**Preparation Time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add. You'll prepare a total of 4 cloves chopped garlic today: 2 for the lentils and 2 for the beet greens. Prep a total of 1-1/4 C. chopped onion: 3/4 C. for the lentils and 1/2 C. for the greens. Note: there are also 2 green onions to be chopped for the quinoa.

### Lemon Quinoa

1 C. uncooked quinoa  
and  
2 C. Water

2 tsp. lemon juice  
3 tsp. low-sodium vegetable broth  
2 green onions (chopped)

### Beet Greens

1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
1/2 C. yellow onion (coarsely chopped)  
1 bunch beet or mustard greens (stems and leaves chopped separately)  
1/2 C. white wine  
3/4 C. low-sodium veggie broth  
1 T. molasses  
2 T. balsamic vinegar  
juice from 1/2 of a lime

### Curried Lentils

1 tsp. olive oil  
3/4 C. yellow onion (chopped)  
2 cloves garlic (smashed and chopped)  
1/2 C. white wine  
1 C. red lentils (rinsed)  
2 C. water  
2 T. balsamic vinegar  
1 bay leaf

pinch of salt  
1 T. molasses  
2 tsp. Masala Curry Powder - or -  
(commercial yellow curry powder)  
1/4 tsp. ground cumin

### Garnish/ Fruit Finish

#### Garnish:

2 tsp. crumbled feta cheese

#### Fruit Finish:

1/2 of a chilled cantaloupe (seeded, rind removed and sliced)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by cooking quinoa. Bring quinoa and water to a boil. Cover and turn off heat. Let stand. Just before serving, measure 1 C. cooked quinoa for tonight's meal. Toss with lemon juice/broth mixture and chopped green onions.

Use Homemade Masala Curry Spice Mix in the lentils if you've got some. The dish is also successful with commercial yellow curry powder.

### Curried Lentils

1. Using a medium saucepan, cook chopped onion and garlic in oil until the onion begins to turn translucent.
2. Add wine and bring to boil.
3. Add red lentils, water, balsamic vinegar and bay leaf. Bring to boil, cover, reduce heat to low and cook 10 minutes. Set a timer.
4. There should be some liquid remaining in lentils when the timer sounds. Remove from heat. Stir in salt, molasses, curry powder and cumin. Mix well. Return to low heat for 5-10 minutes or until lentils are tender. They may begin to turn creamy and that is just fine.

### Beet Greens

1. Place olive oil, garlic, onion and all of the chopped stems from greens in the bottom of a large sauce pan or kettle.
2. Add wine, broth, molasses and vinegar. Bring to a boil. Reduce heat to medium-low and cook 10 minutes.
3. Add chopped leaves from greens and return to boil. Reduce heat to med/low and toss 4-minutes.
4. Squeeze lime juice over greens and remove from heat.

### Plate the Meal

1. Make a 2/3 C. mound of lemon quinoa on each serving plate.
2. measure 1 C. curried lentils next to quinoa.
3. Divide greens between plates partially covering quinoa and lentils.
4. Garnish greens and lentils with crumbled feta cheese.
5. Arrange peeled and sliced melon along edge of plate or serve as a side dish.

### What I've Learned from this Recipe

Red lentils break down quickly and become soft and creamy. They're the lentils of choice in Indian cooking when one is making dal. Dal is simply a soft lentil dish, often served as a curry with other foods. Red lentils are also often used in making soups.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)