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Spicy Lentil Curry

If you love Indian food, you'll love this spicy lentil curry. It's relatively low in fat and provides a hearty dose of complex carbohydrates. Serve it alongside a chicken breast for added protein.

Ingredients

2 tbsp olive oil
1-1/2 tbsp fresh ginger, minced
2 cloves garlic, finely diced
1 small onion, diced
3 tbsp curry paste
6 green onions, chopped
4 medium carrots, chopped
1 large sweet potato, chopped
1 cup red lentils
1 lime
4 cups low-sodium chicken broth
salt and pepper to taste

Directions

1. Heat the olive oil in a large pot over medium heat.
2. Add garlic, onion, and curry paste. Sauté for 2-3 minutes.
3. Add the carrots, ginger, garlic, sweet potatoes, lentils, broth, salt, and pepper.
4. Bring mixture to a boil, then cover and let simmer for about 15 minutes or until lentils are fully cooked.
5. Squeeze lime juice into curry, stir, and serve topped with green onions.

Makes 4 servings.