Lentils with Eggplant and Garam Masala From Cooking Light Cookbook

I wanted to try more plant-based supper dishes, however the recipe still needed to be quick and easy, without too many ingredients. This one is great. The recipe calls for garam masala and turmeric, somewhat exotic spices, yet both can be found at regular grocery stores in the spice aisle. It calls for fresh ginger root, found in the produce section. When I tried this dish, my family was pleasantly surprised at the delicious flavor, and the ease at which it went together. While the lentils and vegetables are simmering, cook a pot of basmati or instant brown rice and serve together. Try it, I think you'll like it!

**Ingredients:**
(Makes 6 1 ¼ cup servings)

- 2 tsp olive oil
- 1 c. chopped onion
- 1 ½ tsp garam masala
- 1 c. chopped tomato, or one 15 oz. can
- 1 tsp. turmeric
- 1 tsp grated fresh ginger
- 2 cloves garlic, minced
- 1 (1 pound) eggplant, peeled and chopped in ½” cubes
- 1 c. dried lentils, rinsed
4 c. water or vegetable broth
1 ½ tsp salt
2 bay leaves
2 c. zucchini, chopped

Heat olive oil in a large pan over medium heat. Add onion and garam masala and sauté 3 minutes or until onion is tender. Stir in tomato, turmeric, ginger, garlic, and eggplant and simmer 7 minutes or until eggplant is tender.

Add lentils, water, salt, and bay leaves and bring to a boil. Cover and reduce heat to simmer 15 minutes. Stir in zucchini and simmer another 10 minutes until squash is tender. Discard bay leaves, and serve over rice.

**Nutrient Content per 1 ¼ cup serving with ¾ c. rice:**

- 450 calories
- Saturated fat: 0.6g
- Protein 17g
- Dietary fiber 12.4g
- Sodium 587 mg

**Years ago a Chinese friend of mine showed me how to preserve fresh ginger root by placing it in a jar filled with white wine or sherry, and storing it in the refrigerator. It will keep for weeks.**