

Iron Boost: Lentil Curry

Ingredients

- 1 cup red lentils (uncooked)
- 1 tbsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 can diced tomatoes (14.5 oz)
- 1 can coconut milk (13.5 oz)
- 2 cups fresh spinach or kale
- 1/4 cup pumpkin seeds (for topping)
- 2 cups cooked brown rice
- Optional: 8 oz grilled chicken breast (sliced and served on top for meat version)

Directions:

1. Rinse lentils and set aside.
2. In a large pot, heat olive oil and sauté onion until soft.
3. Add garlic, curry powder, turmeric and stir for 1 minute.
4. Add diced tomatoes and coconut milk. Bring to a simmer.
5. Add lentils and cook for 20 minutes or until soft.
6. Stir in spinach and cook for 2 more minutes.
7. Serve over brown rice and top with pumpkin seeds.
8. For meat version: Add sliced grilled chicken breast on top before serving.



Macronutrients:

Per Serving (vegetarian, serves 4): 420 kcal | 18g protein | 45g carbs | 18g fat | 12g fiber
With Chicken: +165 kcal | +31g protein

