

Indian Lentils with Coconut

Yields 10 servings (serving size ½ cup)

INGREDIENTS:

- 1 teaspoon olive oil
- 1 cup chopped onion
- 4 cups water
- 1 pound dried small red lentils, washed and picked over
- 1 (13.5 ounce) can light coconut milk
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

PREPARATION:

Heat olive oil in a large saucepan over medium-heat. Add chopped onion; sauté 5 minutes or until just beginning to brown. Stir in the water, lentils, coconut milk, and bay leaf. Bring to a boil over medium-high heat; reduce heat to low. Simmer, stirring occasionally, 40 minutes or until the lentils are soft. Remove and discard the bay leaf. Stir in salt and pepper.

<http://www.myrecipes.com/recipe/indian-lentils-with-coconut-10000001168099/>

NOTES FROM THE COOK: