

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Coconut Lentils

In Brazil, many people eat a plate of lentils at New Year's dinner to invite prosperity during the year to come. Since lentils look like small coins, and they almost double in size after they're cooked, Brazilians say they attract fortune and wealth.

1/4 cup unsweetened coconut flakes

1 Tbls. Coconut oil

1 medium yellow onion, chopped (1-1/2 cups)

1/2 tsp. ground ginger

1/2 tsp. ground turmeric

1/4 tsp. ground allspice

2 Tbls. tomato paste

1 cup French green lentils

1/4 cup raisins

2 tsp. lime juice



Preheat oven to 350 F. Arrange coconut flakes on baking sheet, and toast 4 to 6 minutes, or until golden. Set aside.

Heat coconut oil in large skillet over medium heat. Add onion, and sauté 5 to 7 minutes, or until onion has softened. Stir in ginger, turmeric, and allspice, and sauté 30 seconds, or until fragrant. Stir in tomato paste and sauté 30 seconds. Add 1 cup water to pan, and scrape up any browned bits.

Add lentils, raisins, and 2 cups water. Bring to a boil, then reduce heat to medium-low, cover, and simmer 30 minutes. Uncover, and simmer 10 to 15 minutes more, or until lentils are tender. Stir in lime juice, and season with salt and pepper, if desired. Sprinkle each serving with 2 tsp. toasted coconut.

Recipe taken from **Vegetarian Times** December 2013 issue.

