



The Wholeness Chef

Curried Lentils with Millet

This curried lentil dish focuses on improving brain health, and it's also really delicious!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1/2 cup Red Lentils, rinsed
1/2 cup uncooked Millet
1 medium Onion, chopped
4 cloves of Garlic, minced
1 head of Parsley, cleaned and roughly chopped
2 cups fresh, chopped Spinach
1 tbsp dried Nettle Leaf
4 cups Water
1/2 tsp Ground Turmeric
1/4 cup Olive Oil or Ghee
Salt and Pepper to taste

Directions:

1. Add olive oil or ghee to medium saucepan and when hot, add chopped onions. Sauté until translucent.
2. Add millet, red lentils and garlic. Sauté for 1 minute.
3. Add water, turmeric, nettle leaf, spinach and parsley. Bring to boil and reduce heat. Cook for 40 minutes until lentils and millet are tender and water is absorbed.
4. Add salt and pepper to taste.