

## Yellow Split Pea Dal

---

*This nourishing dal is not only rich in protein and fiber but also offers a delightful balance of earthiness and warmth and is a staple in many South Asian kitchens. It can be served with rice or a flatbread and is perfect for both casual family dinners and festive gatherings.*

**Yield:** 3 cups of Dal

**Serving Size:** 3/4 cup

### Ingredients:

- 1 tablespoon olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 1 teaspoon freshly grated ginger
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground turmeric
- 1/2 teaspoon dried cloves
- 1 ½ cups dried yellow split peas
- 4 cups low-sodium vegetable broth
- 1 cinnamon stick (about 2 inches in length)
- 1 tablespoon lemon juice
- 1 teaspoon chili garlic sauce\*, or to taste
- Salt and pepper, to taste
- Fresh cilantro leaves, for topping
- Cooked rice, for serving

### Instructions:

1. Heat the olive oil over medium heat in large pot. When the oil is hot, add the onion.
2. Cook onion soft and translucent, about five minutes, stirring frequently.
3. Stir in the garlic, ginger, cumin, turmeric, and dried cloves. Sauté everything for about 1 minute, until very fragrant, stirring constantly to prevent burning.
4. Stir in the peas, broth, and cinnamon stick. Bring the broth to a boil.
5. Lower the heat, cover and allow the dal to simmer for about one hour, stirring occasionally. Add hot water, if needed, to the pot if the liquid dries up.
6. Remove the pot from heat and stir in the lemon juice, chili garlic sauce, salt and pepper.
7. Ladle into bowls and serve with rice (or some flatbread!) and a sprinkle of fresh cilantro.

\*Chili Garlic Sauce - some great options include: Sambal Oelek, Lee Kum Kee's Chili Garlic Sauce, or Mezita\*

Chef's Tip\*: It can take up to an hour and a half for the peas to totally soften up, depending on a number of factors such as how old they are, how much water is in the pot, and how soft you like them. Be patient!

Per Serving: Calories 329 kcal, Carbohydrates 52g, Protein 21g, Sat Fat 0.7 g, Sodium 566mg, Added Sugars 8g

This recipe was taken from <https://www.connoisseurusveg.com/yellow-split-pea-dal/#recipe>