

## Dal

<b>Original recipe</b>	<b>Healthier recipe</b>
<ul style="list-style-type: none"> <li>• 150g whole urad dal (black lentils)</li> <li>• 50g rajma (red kidney beans)</li> <li>• 50g channa dal (Bengal gram dal, also Ok to use chickpeas/garbanzo beans)</li> <li>• 10g ginger, peeled</li> <li>• 2 – 3 garlic cloves</li> <li>• 2 green chillies</li> <li>• salt to taste</li> </ul> <p style="text-align: center;"><i>for tadka</i></p> <ul style="list-style-type: none"> <li>• <b>50g ghee</b></li> <li>• 1 tspn cumin</li> <li>• 2 – 3 garlic cloves</li> <li>• pinch asafoetida powder</li> <li>• 0.5 tspn fenugreek seed</li> <li>• 100g tomato paste or puree</li> </ul> <p style="text-align: center;"><i>to finish</i></p> <ul style="list-style-type: none"> <li>• <b>100g butter</b></li> <li>• <b>30 ml cream</b></li> <li>• 0.5 tspn or more chilli powder</li> <li>• 0.5 tspn garam masala</li> </ul>	<ul style="list-style-type: none"> <li>• 150g whole urad dal (black lentils)</li> <li>• 50g rajma (red kidney beans)</li> <li>• 50g channa dal (Bengal gram dal, also Ok to use chickpeas/garbanzo beans)</li> <li>• 10g ginger, peeled</li> <li>• 2 – 3 garlic cloves</li> <li>• 2 green chillies</li> <li>• salt to taste</li> </ul> <p style="text-align: center;"><i>for tadka</i></p> <ul style="list-style-type: none"> <li>• <b>1 tbsp of olive oil/ rapeseed oil</b></li> <li>• 1 tspn cumin</li> <li>• 2 – 3 garlic cloves</li> <li>• pinch asafoetida powder</li> <li>• 0.5 tspn fenugreek seed</li> <li>• 100g tomato paste or puree</li> </ul> <p style="text-align: center;">to finish</p> <ul style="list-style-type: none"> <li>• <b>1 tbsp of olive oil/ rapeseed oil</b></li> <li>• <b>30 ml low fat cream</b></li> <li>• 0.5 tspn or more chilli powder</li> <li>• 0.5 tspn garam masala</li> </ul>

**One tablespoon of olive oil:** 120 calories, **saturated fat: 1.8g**

**vs.**

**One tablespoon of ghee:** 112 calories, **saturated fat 8g**

Click here for the method for this recipe and for more recipes, from:

<http://vegeyum.wordpress.com/2008/06/23/dalmakhani/>