



Butternut Squash Dal

Dal is a mainstay of the Indian subcontinent and refers to either the lentil ingredient or the dish made from it. This butternut squash dal recipe is also a vegetarian dish. How are principles of protein cookery applied to it?

Prep time: 10 minutes

Cooking time: 30 minutes

Yields: 4 servings

Ingredients

- 1 cup (250 ml) dried red lentils
 - 1½ cups (375 ml) low sodium vegetable broth
 - 1 tbsp (15 ml) **butter**
 - 1 chopped onion
 - 2 cloves garlic, minced
 - 2 tbsp (30 ml) minced ginger root or 1½ tsp (7 ml) ground ginger
 - 2 tbsp (30 ml) Indian yellow curry paste or powder
 - ½ tsp (2 ml) salt
 - ¼ tsp (1 ml) pepper
 - 3 cups (750 ml) chopped, peeled butternut squash (about 1 lb/500 g)
 - 1½ cups (375 ml) **milk**
 - ¼ cup (60 ml) chopped fresh cilantro or green onions
- Garam masala to taste (optional)

Instructions

1. Place lentils in a fine sieve and pick through to remove any stones or grit. Rinse well and drain; stir into broth and set aside.
2. In a large, deep saucepan, melt butter over medium heat. Sauté onion for 3 minutes or until it starts to soften.
3. Add garlic, ginger, curry paste (to taste), salt and pepper. Sauté for 2 minutes or until softened.
4. Add lentils, squash and milk to broth. Bring to a simmer, stirring often.
5. Cover, leaving lid ajar, then reduce heat and simmer. Stir occasionally for 25 minutes or until squash and lentils are soft and tender.
6. Remove from heat and mash lightly with a potato masher.
7. Sprinkle with cilantro and garam masala, if using. Serve with papadum, basmati rice or naan.



Watch a video that shows how to make this recipe on the Dairy Farmers of Canada website at [www.dairygoodness.ca/recipes/](http://www.dairygoodness.ca/recipes/butternut-squash-dal-lentils)

[butternut-squash-dal-lentils](http://www.dairygoodness.ca/recipes/butternut-squash-dal-lentils).

Adapted from Dairy Goodness: Dairy Farmers of Canada *Butternut Squash Dal*
www.dairygoodness.ca/recipes/butternut-squash-dal-lentils



Variations

Spicier

- Use a hot curry paste and/or sauté 1½ tsp (7 ml) each whole cumin and coriander seeds and 1 minced fresh hot pepper in 1 tbsp (15 ml) butter. Spoon on top of dal with cilantro.

Tips

- To save time, look for pre-cubed butternut squash in the grocery store.

Nutrients per serving	Food groups per serving
Calories – 333 kcal	Vegetables and Fruit – 1.9
Protein – 20 g	Grain Products – 0
Fat – 6 g	Milk and Alternatives – 0.4
Carbohydrates – 54 g	Meat and Alternatives – 1.2
Fibre – 8.7 g	
Sodium – 398 mg	
Calcium – 237 mg	

1% milk used in analysis

www.eattracker.ca/recipe_analyzer.aspx