

RHUBARB AND LENTIL CURRY

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 198

Total Fat: 3.5 g

Saturated Fat: 0.5 g

Sodium: 346 mg

Total Carbohydrate: 34 g

Dietary Fiber: 14 g

Total Sugars: 6 g

Protein: 11 g



Ingredients

- 1 Tablespoon olive oil
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon fennel seeds (*optional*)
- 2 $\frac{1}{2}$ teaspoons ground cumin
- 2 $\frac{1}{2}$ teaspoons turmeric
- 1 teaspoon ground coriander
- 3 cloves garlic, minced
- 3 cups unsalted vegetable stock (check label to assure gluten free for GF version)
- 1 package (10 ounces) frozen spinach, thawed
- 3 stalks of rhubarb, finely chopped (about 1 cup)
- 1 red bell pepper, diced (about 1 cup)
- 1 large sweet potato, peeled and diced (about 3 cups)
- 1 Tablespoon minced fresh ginger
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon salt
- 1 bay leaf
- 1 cup uncooked lentils
- Fresh cilantro for garnish

Directions

1. In a large pot, make a curry by combining olive oil, fennel seeds, cumin, turmeric, and coriander. Add minced garlic and cook over medium-high heat for 1-2 minutes, or until fragrant, stirring constantly to prevent burning.
2. Add the vegetable stock, spinach, rhubarb, bell pepper, sweet potato, ginger, pepper, salt, and bay leaf. Cover, bring to a boil, and simmer for 5 minutes.
3. Add the lentils, cover, and simmer for 25 minutes, stirring frequently. Remove bay leaf.
4. Garnish with chopped fresh cilantro.

To make bariatric diet friendly:

Suggest draining out broth and reduce serving size to ½ cup

Updated bariatric nutrition information: Calories 99, Total Fat 2g, Sat Fat 0g, Sodium 173mg, Total Carbohydrates 17g, Fiber 7g, Sugar 3g, Protein 5.5g