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Senior

Grains

Nacogdoches

# Farm Fresh Spicy Rice and Lentil Salad

Farm Fresh  Spicy Rice and Lentil Salad
Prep Time: 20 mins Cook Time: 40 mins Yield: 6 servings

INGREDIENTS
1 cups basmati rice, rinsed and drained
1 cup dried lentils, rinsed and drained
1/2 cup sliced almonds
1 tablespoon oil
1/2 red onion, finely chopped
2 cloves garlic, minced
1 tablespoon ginger, minced
1 small jalapeno, seeds and membranes removed, minced
1 1/2 teaspoons garam masala
1 1/2 teaspoons cumin
4 1/3 cups water
2 teaspoons salt
1 teaspoon sugar
1/2 cup golden raisins
6 cherry tomatoes, quartered
1 small cucumber, chopped
1 handful mint leaves
1 handful cilantro
1 tablespoon lemon juice
1/3 cup yogurt

INSTRUCTIONS
In a large, heavy saucepan over medium heat, toast the almonds. Once they begin to brown and become fragrant, remove them from the pan and set aside.
Add in the oil and saute the onion, garlic, ginger, and jalapeno until fragrant, about 1 minute. Mix in the garam masala and cumin and cook for 30 seconds. Pour in the water and stir in the salt and sugar. Bring the mixture to a boil.

Reduce the heat to a simmer and add in the lentils. Cook the lentils for 5 minutes. Add in the rice and raisins and return to a boil. Boil, uncovered for 5 minutes. Reduce to a simmer and cover. Cook until the water is absorbed, about 8 minutes. Remove the rice from the heat and let it sit, covered, for 10 minutes. Stir in the tomato, cucumber, and reserved toasted almonds. Mix in the mint leaves and cilantro, reserving some to top.

Combine the yogurt and lemon juice and drizzle over the rice salad. Garnish with the remaining herb leaves. Serve at room temperature.