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Roast Chicken Dal

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- ❖ 1 1/2 teaspoon oil, canola
- ❖ 1 small onion(s), minced
- ❖ 2 teaspoon curry powder
- ❖ 15 ounce(s) lentils, (1 can), rinsed, or 2 cups cooked lentils
- ❖ 14 ounce(s) tomatoes, diced, (1 can), preferably fire-roasted
- ❖ 2 pounds chicken, precooked rotisserie, breasts, bone and skin discarded, diced
- ❖ 1/4 teaspoon salt, or to taste
- ❖ 1/4 cup(s) yogurt, low-fat plain

Preparation

1. Heat oil in a large heavy saucepan over medium-high heat. Add onion and cook, stirring, until softened but not browned, 3 to 4 minutes.
2. Add curry powder and cook, stirring, until combined with the onion and intensely aromatic, 20 to 30 seconds.
3. Stir in lentils, tomatoes, chicken and salt and cook, stirring often, until heated through.
4. Remove from the heat and stir in yogurt. Serve immediately.

