

Black Beluga Lentils

Dal with Indian spices

By Savraj Khanna
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Ingredients

- 2 cups black beluga lentils, rinsed and drained
- 10 cups filtered water, divided
- 2 cups chopped onions
about 1 large onion
- 2–4 garlic cloves, minced
about 1 rounded tablespoon
- 2½ inch piece fresh ginger, grated
about 1 rounded tablespoon
- ½ cup strained tomatoes
such as Bionaturae brand
- 3 teaspoons Himalayan salt
- 1½ teaspoons turmeric powder
- 2 teaspoons paprika
- 2 teaspoons coriander powder
- 2 teaspoons garam masala
- 2–4 tablespoons finely chopped cilantro
- Juice of ½ lemon

Loving Preparation

1. In a large, heavy-bottomed pan, heat 1 cup of water over medium-low heat. Add the onions, garlic, and ginger. Water-sauté, covered, for about 5 minutes, stirring occasionally. Combine.

2. Add the turmeric, paprika, and coriander powder. Stir constantly for about 15 seconds, just until fragrant.

3. Stir in the strained tomatoes and cook for another minute.

4. Add the lentils and the remaining 9 cups of water. Bring to a gentle boil.

5. Reduce heat, cover, and simmer for 30 to 40 minutes, stirring halfway through to prevent sticking.

6. Once the lentils are tender, stir in the salt and garam masala. Turn off the heat.

7. Finish with lemon juice and fresh cilantro. Stir gently to combine.

Serve warm over rice, millet, or quinoa. It's also lovely with a fresh green salad—or simply enjoyed on its own.



Vegan Gluten-free Brownies

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Ingredients

- 1/2 cup thick rolled oats (50g)
- 1 cup cacao powder (85g)
Terrasoul brand recommended
- 1 cup coconut sugar (170g)
Terrasoul brand recommended
- 1 1/4 teaspoons vanilla powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon Himalayan salt
- 1 teaspoon baking powder
- 1 1/4 cups roasted orange sweet potato (315g), packed
- 1/3 cup almond butter (90g)
- 1/4 cup maple syrup (60ml)

Loving Preparation

1. Preheat the oven to 425°F. Place a medium orange sweet potato on a baking dish, pierce it with a fork, and roast for 40–50 minutes, or until soft and easily pierced with a knife. Set aside to cool.
2. Once cooled, reduce the oven temp. to 400° and line an 88 inch baking dish with parchment paper.

3. In a food processor, combine the oats, cacao powder, coconut sugar, vanilla, cinnamon, salt, and baking powder. Pulse until the oats are broken down and the dry mixture is evenly combined.

4. Peel the sweet potato and add 1 1/4 cups (315g) of pulp to the food processor along with almond butter and maple syrup. Blend until smooth. Note: The batter will be thick and sticky—this is expected!

5. Transfer batter into the prepared baking dish. Use a spatula to spread and smooth it evenly into the corners. Take your time—it's thick!

6. Bake for about 25 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.

7. Let cool in the pan before slicing and enjoying.

Tips for Success

Prep ahead: Roast the sweet potato up to 3 days in advance and store it in the fridge. It saves time on baking day.

Use a kitchen scale: Measuring by weight gives consistent results and keeps cleanup simple.

Use the oven's bake setting and avoid the convection mode, as it can dry out the brownies.

