

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Squash and Lentils with Mustard Seed

I'll say it up front: I don't like squash much. This dish has me eating my veggies, though! It's a colorful dish, and not your Granny's boiled squash at all...

½ cup dried yellow lentils, rinsed

½ tsp ground turmeric

2 cup water

1 lb small yellow squash (or zukes)

2 Tbsp light olive oil

1 Tbsp brown mustard seed

4 shallots, sliced

1 tsp minced garlic

1 tsp salt

1 sprig curry leaves (optional)

2 red Thai chiles, deseeded, in slivers

Mix the lentils and turmeric in water and simmer, uncovered, for 15 minutes, or until beans are soft. Drain and set aside.

While the lentils are cooking, prepare the squash. Cut and, if desired, remove seeds (zucchini don't usually need this). Cut into ½ inch pieces. Heat oil in a skillet and stir-fry the mustard seeds until they pop. Add shallots and garlic and sauté over medium heat until soft. Add lentils, squash and salt and cook for 5 minutes or so, until squash softens a bit. Stir in curry leaves and chiles and remove from heat. Serve over white rice.

Lots of different kinds of summer squash can be used in this dish. The Nonya cooks use whatever is available. Experiment and enjoy!

Yield: Four servings

Preparation time: 15 minutes

Cooking time: 25 minutes

