

CARROT AND LENTIL CURRY

Recipe adapted from Irene McGuinness

INGREDIENTS

- 1 tbsp olive oil or coconut oil
- 2 cups onions and leeks, chopped**
- 3 garlic cloves, minced**
- 2 tbsp fresh ginger root, peeled and minced
- 1 tbsp red curry paste
- 4 cups vegetable stock or water
- 2 cups carrots, peeled and chopped**
- 1/8 tsp crushed red pepper (more if your family likes things spicy)
- 1 cup dried red split lentils**
- 1 cup frozen shelled edamame, or peas
- 1/2 tsp salt
- Freshly ground pepper to taste
- Sour cream OR cheddar cheese, (optional)

Teeny weeny yellow polka dot...squash!

Sugar dumpling to be exact. To cook: chop in half, scoop out seeds, turn face down in oven-safe dish with 1/2" water. Bake at 350 for 15-20 minutes. Serve with curry, greens and bread.

DIRECTIONS

1. Heat oil in large saucepan over medium-high heat. Add onion, garlic, and ginger; sauté for about 5 minutes.
2. Stir in curry paste and 1 cup of stock/water to blend. Add carrots and crushed red pepper. Reduce heat to medium-low. Cover and cook until carrots are crispy tender, about 5 minutes; stir.
3. Add remaining stock/water, lentils, edamame or peas and bring to a boil. Cover, and reduce heat and simmer for 10 minutes until lentils are tender. Season with salt and pepper.
4. Spoon into serving bowls, top with sour cream or shredded cheese if desired. Serve with a generous slice of Amanda's Country Bakery bread.

Test Kitchen Tip

You may need to add extra water or stock as your lentils cook.

On the Pulse with Ontario Lentils!

Although the prairies are considered the pulse capital of Canada, they can be grown in Ontario as well. Pulses are the dried edible seeds of plants in the legume family. Legumes are plants with seeds in pods such as beans, peas, lentils, peanuts and soybeans. Lentils are the fastest cooking pulse, and can lose their shape and easily become mushy. Be mindful not to overcook the lentils in your curry.

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Welcome winter! It's so nice to have snow on the ground, a chill in the air, and hearty winter stews to eat. As the temperature drops, we are grateful to our farmers with cold storage capabilities. Even in depths of winter we are able to bring you hyper-local produce, such as the carrots, onions, leeks, garlic and squash. Speaking of squash, the cute one in your bag is called sugar dumpling. Our friends at Fiddle Foot Farm had an abundance so we added one to your pack. During this season of giving and gratitude, we would like to express our deepest thanks to you, our Local Food Club members. Without you, we would not have a program. Please enjoy the cookies made by Amanda at Amanda's Country Bakery as a token of our appreciation. As always, please enjoy a warm slice of Amanda's bread and a side of Jamie's greens with your curry.

Healthy holidays!

What Kids Can Do

Wash vegetables, peel skin off garlic, onions and ginger. Measure spices. If old enough - chop carrots, onions, mince garlic; and slice and butter bread.

Happy Holidays!

We here at HFFA wish you and yours a festive and delicious holiday season. Peace and joy for 2018.



Nutrition Report

A+

Fibre

Lentils and squash are very high in dietary fibre. Fibre is like a toothbrush for your intestines. It keeps you clean on the inside!

A+

Vitamin A

Carrots are very high in vitamin A which supports your vision and your immune system.

B+

Protein

Lentils and edamame are good sources of protein. Protein is used in the body to build/repair muscle, bone, and teeth.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Am Braigh Farm

ambraighfarm.com

Hidden Meadows Farm

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