**Curried Lentils and Cauliflower**

**Ingredients**
- 1 cup dried lentils, washed and drained
- 1 bay leaf
- 2 ¾ cups water, divided
- 2 teaspoons ghee or extra-virgin olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 2 teaspoons sea salt
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ½ teaspoon ground cinnamon
- 1 small head cauliflower, cut into small florets
- 1 cup tomato sauce
- 1 teaspoon freshly grated ginger
- ½ cup roasted cashews, for garnish

**Directions**
1. Place lentils in a pot with bay leaf and 2 cups of the water; bring to a boil. Lower heat, cover and let simmer 25-30 minutes, until lentils are soft and all of the water is absorbed.
2. Heat ghee or oil in a 4-quart pot or pressure cooker. Add onion, garlic, and salt; sauté until onion is soft. Add coriander, cumin, turmeric, and cinnamon. Add cauliflower, tomato sauce, ginger and ¾ cup water; stir well.
3. Cover and let simmer until cauliflower is tender (about 15-20 minutes) or bring up to pressure and cook 5-7 minutes.
4. Stir cooked lentils into cauliflower mixture, discarding the bay leaf.
5. Serve over whole grains and garnish with cashews, if desired.

Recipe from *Feeding the Whole Family* by Cynthia Lair. See blog [http://www.cookusinterruptus.com/]