



## Curried Lentil Dumplings

**Yield:** 24 servings, approx. 120 dumplings

### Ingredients

2 lbs. InHarvest French Green Lentils  
2 qts. water  
½ c. curry powder  
2 c. coconut milk  
½ c. ginger, grated  
¼ c. garlic, minced  
4 t. kosher salt  
2 c. firm tofu, drained, ¼" dice  
2 c. cilantro, chopped  
2 c. scallions, thinly sliced  
120 wonton wrappers

### Directions

1. In a pot, combine InHarvest French Green Lentils, water, curry powder, coconut milk, ginger, garlic and salt and bring to a boil. Reduce to a simmer, cover and cook for 20 minutes or until lentils are tender. Remove from heat and let cool.
2. Combine cooled lentils with tofu, cilantro and scallions.
3. Form dumplings into desired shape to be pan fried or steamed.

### Dipping sauce suggestions:

Coconut Chutney  
Sweet Chile Sauce

### Nutrition Facts

Per serving: 350 cal., 15 g pro., 56 g carb., 4 g fiber, 5 g fat (3 g sat. fat), 0 mg chol., 137 mg sod., 2 g sugar