



***Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit***  
**Spicy Lentil and Rice in Cabbage Leaves**

*This is one of our family's favorite meals. Our children adore cabbage, especially with a spicy lentil filling! They prefer raw cabbage to nearly any other vegetable. Napa cabbage is quite mild and slightly sweet, so start with this variety if your children are not accustomed to eating cabbage. Elevate this recipe to the next level with Raw Mango Chutney. Page 379.*

3 cups French lentil or black beluga lentils	1 Tbsp coconut oil
8 cups water	2 tsp black mustard seeds
1 bunch chard	2 tsp curry powder
2 large shallots	1 tsp garam masala
1 jalapeno pepper, seeded	<i>Other Ingredients:</i>
3 cloves garlic	Cooked long grain brown rice
1 inch piece fresh ginger, peeled	Napa cabbage leaves

Add lentils and water to a large pot and bring to a boil. Reduce heat to a simmer, cover and cook for 40-45 minutes. Drain lentils through a fine mesh colander.

Place the chard, shallots, jalapeno pepper, garlic, and ginger into a food process fitted with the 's' blade. Process until all the ingredients are minced. Set aside.

Heat a large 11-inch-deep skillet over medium heat. Add the oil and mustard seeds, sauté for 20-30 seconds or until they begin to pop. Add the curry powder and garam masala; sauté another 10 seconds or so. Quickly add the process chard mixture to the skillet and sauté for a few minutes stirring frequently. Add cooked lentils into the skillet and gently stir together. Add salt to taste.

To serve, add the lentil chard mixture to each cabbage leaf. Serve with your favorite sauce or chutney.

Yield: 6

Recipe credit to/adaptation from *Nourishing Meals: Healthy Gluten-Free Recipes for the Whole Family*.

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