



1 medium-to-large onion  
 olive oil  
 3 garlic cloves  
 1 cup dried green lentils  
 1 piece of fresh ginger  
 20 oz (2 bunches) fresh spinach  
 1.5 tsp salt  
 black pepper  
 plain yogurt

Peel, halve, and slice the onion. In an omelette pan, sauté the onion in about 2 tbsp of olive oil over medium heat, stirring occasionally, until the onion turns reddish-brown (about 30 minutes).

Peel and chop the garlic. Inspect the lentils, removing any stones, and rinse and drain them. In a small saucepan, sauté the garlic in 1 tbsp of olive oil for 30 seconds, and then add the lentils and 2.5 cups of water. Bring to a boil, and set a timer for a 30-minute simmer, partially covering the pot.

Peel and chop the ginger. Rinse the spinach, discarding the stems. Spin the leaves in a salad spinner. If you feel any grit at the bottom of the spinner, rinse the spinach again.

When the onions are brown, spoon them onto a folded paper towel.

When there are 5 minutes left on the timer for the lentils, heat about 2 tbsp of olive oil in a large soup pot and sauté the ginger for 30 seconds, while stirring. Add the spinach and 0.5 tsp salt. Continue stirring until the spinach has wilted (4 to 5 minutes).

When the lentils are done, add about 1 tsp salt, and black pepper to taste.

Place in individual serving bowls: a ladle of lentils, a forkful of spinach, a dollop of yogurt, and a forkful of caramelized onions.