

Egyptian Rice & Lentils – Serves 4



By Martha Rose Schulman

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This hearty, flavorful dish is a **classic Egyptian comfort food**, combining protein-rich **lentils**, aromatic **spices**, and **caramelized onions** for a satisfying meal. Serve it with a **side of yogurt** and a **fresh salad** for a well-balanced dish.

Ingredients

- **6 ounces (1 cup)** brown lentils, washed and picked over
- **¾ teaspoon** salt, divided
- **1 tablespoon + 1½ teaspoons** olive oil
- **1 large onion** (½ chopped, ½ thinly sliced)
- **1 tablespoon** crushed cumin seeds
- **½ teaspoon** ground cinnamon
- **½ cup** long-grain or brown rice
- **2 cups** water
- **Freshly ground black pepper, to taste**
- **½ cup** plain low-fat yogurt (*for topping*)

Instructions

1. Prepare the Lentils

- Soak **lentils** in water for **1 hour**, then drain.
- Place lentils in a saucepan, cover with water (about **2 inches above the lentils**), and bring to a **boil**.
- Add **½ teaspoon salt**, reduce heat, and simmer for **30 minutes**, until nearly tender.

2. Cook the Rice & Lentils

- In a separate pot or casserole, heat **1 tablespoon olive oil** over **medium heat**.
- Sauté the **chopped onion** until lightly golden.
- Stir in **cumin seeds and cinnamon**, then add the **rice**, stirring to coat.
- Add **2 cups water**, the **cooked lentils with their liquid**, **¼ teaspoon salt**, and **black pepper to taste**.
- Stir well, bring to a **boil**, then reduce heat, cover, and simmer for **20–25 minutes**, until all liquid is absorbed.

3. Caramelize the Onions

- In a small pan, heat the **remaining 1½ teaspoons olive oil**.
- Sauté the **thinly sliced onion** until **deep golden brown**.

4. Serve & enjoy

- Transfer the **rice and lentils** to a serving platter.
- Top with **caramelized onions**.
- Serve with **plain yogurt** on the side and a **big salad**.

Nutritional Information (Per Serving)

- **Calories:** 219 kcal
- **Fat:** 4g
- **Cholesterol:** 1mg
- **Sodium:** 19mg
- **Carbohydrates:** 35g
- **Protein:** 11g

This simple yet flavorful dish is packed with **plant-based protein**, fiber, and warming spices, making it a nutritious and satisfying meal.

Terese Miller

ACE Certified Fitness Instructor
MELT Method Hand & Foot Instructor
ACSM & IDEA Member
310-613-2490

www.TakingCareofFitness.com