

## **TAKING THE PULSE: LENTILS**

Lentils are so versatile; they're high in nutrients, fibres, protein. They're so amazing, so healthy.

My name is Miheer Shete and I grew up in India, Mumbai.

Nowadays you have this idea of farm to fork.

But this is something which I grew up when I was in India.

My family consists of me, my wife and my six-month old daughter. Eating very healthy is very important and that's why we've been using a lot of lentils in our diet.

The word dal is just boiled lentils. You can make dal with only four ingredients or you can add 10 ingredients.

In India, historically, lentil was termed as a poor man's food because they are cheap. Now when I see lentils it has...

...involved into one of the very healthy ingredient.

Traditionally you add your dry spices - cumin, coriander, mustard seeds, fennel seeds. Every time I smell those spices now, it takes me back in the spice shop helping my grandfather or in my mom's kitchen helping her cook.

Canada is a huge producer of lentils and we are so fortunate to have them available locally.

We have dal in India, it's always a side dish. So we have like a roti, or a naan or rice with it. Some chutneys, some yogurt.

When I taste the dal it brings me right back on the dinner table in India with my family.

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