

## **Low GI recipes**

The channa dhal or Bengal gram in the curry has a GI value of 11 on the GI chart. It is one of the lowest GI foods you could possibly eat. To find Channa dhal or Bengal Gram check Indian grocery stores or any Lebanese grocery stores and look for tiny matt yellow coloured seed lentils, more angular on top than the dome shaped split peas with which it can easily be confused.

I have used only water rather than coconut milk and tamarind and lemon juice as a souring agent. The curry will be served with small portions of basmati rice (GI value 58).

The second recipe is a lovely salad, using low GI chickpeas, also available in any Lebanese store, cooked and canned. Burghul wheat used in tabbouli salads may be added to the salad as both are low in GI and the salad dressing consists of vinegar, tamarind, lime juice and sugar substitute with a chilli, salt, garlic and pepper hit.