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This is a rich and hearty lentil curry, great as a main meal rather than as a side dish like the more traditional Indian dhal. Don't let the ingredient list faze you, this really is an easy dish to make. This dish is great served with basmati rice.

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High-Fiber Recipes. Check out 11 ways to eat healthier with fiber-rich ingredients, like pears, oatmeal and artichokes. They're tasty and also good for

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What Fiber Does for Your Body + Benefits of High-Fiber Foods vs. Fiber Supplements. Fiber helps regulate bowel functions, reduce cholesterol and triglycerides, and strengthen the colon walls. In addition, it helps in weight loss, management of blood sugar levels, and may prevent insulin resistance and associated diseases.

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6 Fiber Rich Recipes Fiber Center Everyday Health

If you're looking for ways to add fiber to your diet, it may be easier than it seems. Try the following fiber-rich recipes to increase your daily fiber intake in a delicious and nutritious way.

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11 High Fiber Recipes for Weight Loss EverydayHealth com

For a healthier option, assemble a DIY burrito at home with fiber-rich ingredients like brown rice and beans. This recipe from Chef Vikki of Recipe Rehab makes it easy to dish up burritos for the whole familia (without having to hand-roll each one!). Plus, these burritos have 11 g of fiber per serving.

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