

Today's Tool: Dal (Dhal) Diet Info

The spelling of this type of diet can be Dal, Daal, Dhal or Dahl.

Dal is an Indian dish made of simmered and usually pureed and spiced legumes.

Shown below are Web searches that can help you find more information about Dal recipes and how they can help you.

For more search ideas, visit "[The Culinary Search Phrase Fest](#)" found under the Free Tools tab.

Introduction

Wikipedia – [Dal article](#)

Shown below are the results from some typical Web searches.

Search Engines

Bing search – [Define: Dal diet](#)

Bing search – [Dahl recipe](#)

Bing search – [Dahl recipe, videos](#)

Google search - [Define: Dal diet](#)

Google search - [Dal recipe](#)

Google search - [Dahl recipe vegan](#)

Google search - [green lentil Dahl recipe](#)

Google search – [types of Dal diets](#)

Google search - [+"the best Dahl recipe"](#)

Swiss Cows search – [best 2023 Dhal recipe article](#)

Yahoo search – [Dahl recipes, videos](#)

100 Search Engines - [+"Dahl recipe" -spicy](#)

Other Searches

Foodpair – [Dahl recipe](#)

Pinterest – [Easy Lentil Dahl recipe](#)

Recipe Bridge – [Dahl recipes](#)

YouTube – [Dahl recipe](#)

Yummly – [Indian Dahl](#)

[Articles](#)

[5 Dals You Can Add To Your Daily Diet](#)

[BBC good food: Top 10 best ever Dhal recipes](#)

[The Dal Glossary: 8 Types of Lentils and Their Benefits](#)

[Swasthi's Recipes: How to Make a Dal Fry](#)

[Weight Loss: It's True! These Indian Dals May Help You Shed Kilos Naturally](#)