



Red Lentil Spread

24 servings, 2 tablespoons each

1 cup red lentils
2¾ cups water
⅓ cup sundried tomatoes (dry, not in oil)
1½ teaspoons cumin
1 teaspoon turmeric
½ teaspoon sea salt
2 tablespoons olive oil (or flax oil)
½ to 1 lemon, juiced, bit of zest
3 tablespoons tahini
3 garlic cloves, minced
Dash cayenne pepper, red pepper flakes or hot sauce

Sort lentils, checking for any pebbles or dirt. Rinse 1 cup of sorted lentils. Combine the prepared lentils with water and bring to boil; remove foam. Reduce to simmer and add tomatoes, cumin and turmeric. Cover and simmer for 20 minutes until tender. Remove from heat, let sit 10 minutes. In food processor, add lentils, salt, oil, lemon juice and zest, tahini, garlic and cayenne. Puree until smooth. Taste and adjust lemon and/or salt. Finish with fresh parsley. Chill about 1 hour before serving to meld flavors. Store up to 5 days in the refrigerator. Use as a condiment, veggie dip, sandwich filling, or dollop on a baked sweet potato. Tastes good with toasted pita bread.

Per Serving:

33 Calories
2 gm Total Fat
<0.5 gm Saturated Fat
43 mg Sodium
4 gm Carbohydrate
1 gm Fiber
1 gm Protein