Lentil Spread/Dip

Great dip for crackers or veggies! It adds some extra protein & fibre to your snack!

Preparation Time: 5 min Cooking Time: 15 min Servings: 6

Ingredients:

|  |  |  |
| --- | --- | --- |
| **Amount** | **Ingredient** | **Cost – date:** |
| 1 cup | Red lentils |  |
| 1 ½ cup | Water |  |
| ¼ cup | Lemon juice (fresh is best) |  |
| 1/3 cup | Olive oil |  |
| 1 clove | Garlic (or ½ tsp powder) |  |
| 1 tsp | Ground cumin |  |
| ½ tsp | Sea salt |  |
|  |  |  |
|  |  |  |
|  | Cost for the total recipe: |  |
|  | Cost for 1 serving: |  |

Preparation:

1. Rinse the lentils (and pick out any debris). Boil lentils in water for 2 minutes with the lid off. Remove from heat, cover & let stand for 12 minutes. (Probably do not need to drain – need some liquid).
2. Add remaining ingredients. Blend together in a blender or food processor. May have to add water if too thick.
3. Keep in fridge (up to 4 days) or can freeze in individual portions to take out when desired.

Recipe Source: Lisa’s Mom

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**