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## Creamy Lentil Dip

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*This lentil dip is similar to hummus but instead of garbanzo beans it uses green or red lentils.*

### Ingredients – Yields 1 cup

1 cup cooked lentils (green or red)  
2 tbsp tahini (or Greek yogurt for a creamier texture)  
2 Tbsp freshly squeezed lemon juice  
1 Tbsp olive oil  
1 garlic clove, minced  
½ tsp cumin  
½ tsp smoked paprika  
Salt & pepper to taste  
2 Tbsp parsley, chopped (optional)

### **Method**

Rinse the lentils with cold water and drain. Cook lentils according to package directions. Drain the lentils in a fine-mesh sieve. Let the lentils cool for 10 minutes in the sieve.

Transfer the lentils to a food processor and add the lemon juice, tomato paste, garlic, cilantro, harissa, cumin and olive oil. Blend until smooth, stopping once or twice to scrape down the sides of the bowl.

Season the dip with salt, if desired, and transfer it to a serving bowl. Allow the dip to stand for at least 1 hour before serving to allow the flavour to develop.

