



Spicy Lentil Dip

This spicy lentil dip is similar to hummus but instead of garbanzo beans it uses green lentils. Green lentils don't need to be soaked and they cook in a speedy 20 – 30 minutes. Because they are so much smaller than garbanzo beans they create a smoother dip.

Ingredients – Yields 2 ½ cups

1 cup green lentils
1 bay leaf
Fine sea salt
2 Tbsp freshly squeezed lemon juice
1 Tbsp tomato paste
1 garlic clove, finely chopped
2 Tbsp chopped cilantro leaves (optional)
2 tsp harissa (or to taste)
2 tsp cumin
2 Tbsp extra-virgin olive oil

Preparation

1. Rinse the lentils with cold water and drain. Combine the lentils, bay leaf and 1 tsp salt in a medium saucepan. Add enough water to cover by 4 inches and bring to a boil over medium high heat. Reduce the heat to medium-low and simmer gently until the lentils are tender, about 20 minutes. Drain the lentils in a fine-mesh sieve. Discard the bay leaf and let the lentils cool for 10 minutes in the sieve.
2. 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.
3. 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 flavors to develop. Adapted from fincooking.com



