

Lentil Tomato Dip

Ingredients

1 cup lentils (brown or black), cooked
1 cup fresh tomato, diced
2 Tbs green onion, chopped
1 clove garlic, minced
1 Tbs olive oil
1 Tbs lemon juice
Sea salt to taste
1 tsp miso, optional
1 tsp raw apple cider vinegar, optional

Equipment

Blender or food processor, knife, cutting board, measuring cups



Yield
2 cups

Total preparation time: 5 minutes

Method

1. In a food processor or blender, combine 1 cup cooked lentils with chopped tomatoes, olive oil, green onion, garlic, lemon juice, and sea salt.
2. Blend well until smooth.
3. Taste test and adjust to your liking.
4. Store in refrigerator for up to 5 days.

How to Cook Lentils:

Method 1: Soaked Lentils - shorter cooking time

Soak 1/2 cup of dried lentils in 3 cups water overnight or for 8 hours. Then, drain and rinse 2 times. Place in a pot with 2 cups water, bring to a boil and simmer for 10 minutes. Turn the heat off and let sit under the lid for 5 minutes.

Yield: 2 cups.

Method 1: No soaking - longer cooking time.

Place 1/2 cup of dried lentils and 3 cups of water in a pot, bring to a boil, and simmer for 40 minutes. Turn the heat off and let sit under the lid for 5 minutes.

Yield: 1½ cups. Store in a refrigerator for up to 5 days or freeze for up to 3 weeks.

Variations

Serve with:

- 3-4 whole grain or flax crackers
- Cut veggies (crudité): carrots, cucumber, celery
- Main meal (as a side dish)