

Spicy Red Lentil Dip

Recipe By *Sina Mizrahi*



Cooking and Prep:  1
h 15 m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,

Low Fat, Low Carb,

Pescetarian

Source: Relish by Binah

Magazine

Red lentils are a great source of protein, fiber, and B vitamins. This dip is a less traditional way of eating lentils, and yields a smooth and creamy texture that's comparable to hummus, but with all the nutritional benefits of lentils. The tomato paste and jalapeño add a lot of flavor with a hint of heat.

Ingredients (10)

Main ingredients

- 1 cup **Gefen Red Lentils**
- 3 cups water
- 2 cloves garlic, minced
- 1/2 (1 oz) bunch parsley

- 1 jalapeño, halved and seeded
 - 2 tablespoons Tuscanini Tomato Paste
 - 1 tablespoon lemon juice
 - 1 teaspoon cumin
 - 1 teaspoon Tuscanini Sea Salt
 - 2 tablespoons olive oil
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Start Cooking

For the dip

1. Place red lentils and water in a large saucepan over medium-high heat, and bring to a boil. Cover and simmer for about 8 minutes or until tender. Drain well and allow to cool.
2. Using a food processor fitted with the S-blade, process the garlic and parsley. Add the cooked lentils, seeded jalapeño, tomato paste, lemon juice, cumin, salt, and oil and blend until smooth, stopping to scrape the sides of the bowl.
3. Transfer to an airtight container and let the dip to sit for 1 hour, allowing the flavors to develop. Store refrigerated for up to 1 week.