

# Green Shabbat Dip

Recipe By *Estee Kafra*



Cooking and Prep:  15  
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Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Low Carb, Vegan, Gluten

Free, Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

It's herb season again, and I have an abundance of flat-leaf Italian parsley. I added some to my favorite tehina dip for this tasty and colorful dip that is amazing with challah, fish, and meat.

## Ingredients (9)

### Main ingredients

- 1 cup **Haddar Tahini** or other good-quality tahini
- juice of 1 lemon (about 1 **tablespoon**)
- 2 cloves garlic, peeled
- 1/4 cup **Bartenura Extra-Virgin Olive Oil**

- 1/2 teaspoon cumin
  - 3/4 cup fresh Italian parsley
  - Haddar Kosher Salt, to taste
  - 1/4 cup toasted walnuts
  - approximately 3/4 cup ice water
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## Start Cooking

### Prepare Dip

1. Place ingredients (except water) into a food processor fitted with the "S" blade.
2. Pulse until it comes together, approximately one minute.
3. With motor running on high, add the ice water and blend until your desired consistency is reached.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber