

Roasted Red Pepper Lentil Dip

8 ingredients · 20 minutes · 6 servings



Directions

1. Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
2. Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
3. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup of dip.

More Flavor

Add red pepper flakes for a spicier dip.

Serve it With

Veggies, crackers or flatbread.

No Store-Bought Peppers

Roast your own red peppers instead.

Ingredients

- 1/2 cup Dry Red Lentils (rinsed well)
- 2 cups Water
- 4 1/4 ozs Roasted Red Peppers (from the jar)
- 2 tbsps Lemon Juice
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 Garlic (small, minced)
- 1/2 tsp Sea Salt