

## **Lentil Hummus Dip**

Servings: 8-10

### **Ingredients**

- 12 oz petite crimson lentils (or any variety)
- 2 quarts water
- 3 TBSP lemon juice
- 2 TBSP garlic, minced
- 2 TBSP tahini
- 2 tsp ground cumin
- 2 TBSP salt
- 3 TBSP olive oil

### **Directions:**

1. Cover lentils with water in a medium pot, cook until soft and strain. Reserve some cooking liquid to thin hummus, if needed.
2. Add garlic, lemon juice, tahini, and spices to a high-powered blender or food processor, with ½ cup of cooking liquid. Blend well.
3. Add lentils 1/3 cup at a time, and blend until smooth. Drizzle in olive oil while blender is running. You may need to add additional cooking liquid to thin.
4. Taste and adjust seasoning, if necessary.



