

Curry Red Lentil Dip

Ingredients

2 cups water

1 cup red lentils

1 teaspoon salt

¼ cup olive oil

Juice of one lemon

1 teaspoon curry powder

Yields 2 cups

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Comprehensive Pain Program

Instructions

1. Bring water to a boil in a medium sauce pan and add in the rinsed red lentils and sea salt. Reduce heat to a simmer, cooking for 10 minutes or until water is absorbed and lentils are tender.
2. Let the lentils cool slightly before transferring into a food processor.
3. Add lemon juice and olive oil. Process until fully incorporated and smooth. Taste and add additional liquid and sea salt, if necessary to achieve desired consistency and taste.
4. Enjoy right away with vegetables, corn chips, or as a spread on a toasted sandwich.
5. **Variation:** Add a cup of fresh herbs and omit curry. Also you can change the type of lentils such as yellow, brown or green. Follow the same cooking instructions as above.



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