

Curry Red Lentil Dip

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1 cup

Equipment: small pot, strainer, spoon, food processor

Ingredients

- 2 cups water
- 1 cup red lentils
- 1 teaspoon salt
- 1 lemon, juiced
- 1/4 cup extra virgin olive oil
- 1 teaspoon curry powder

Instructions

1. Bring water to a boil in a medium sauce pan and add in rinsed red lentils and sea salt. Reduce heat to a simmer, cooking for 10 minutes or until water is absorbed and lentils are tender. Drain and rinse with cold water.
2. Transfer lentils into a food processor.
3. Add lemon juice, olive oil, and curry powder. Process until smooth. Taste and add additional water to thin or 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.



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Curry Red Lentil Dip

Why We Like This Recipe

A great chance to highlight other legumes besides chickpeas. Red lentils are vibrant, fast cooking and make a delicious dip for your next gathering!

Chef's Notes:

- If curry isn't your flavor style, try a smoky barbeque version with smoked paprika and cumin or a barbeque spice blend.

Nutrition Notes:

- Lentils are high in protein and fiber making them a hunger crushing food, including more dietary fiber and protein into your day can promote satiety and reduce cravings.

Gardener's Notes:

- *Lens culinaris* (Lentils) are a protein packed, drought tolerant crop with fruit pods containing up to three seeds which are dehulled for consumption.



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER