

MIXED LEGUME DIP

Portions: 16 x 30 ml (2 tablespoons)

Yield: 500 ml (2 cups)

Preparation: 15 minutes

Cooking: None

QUANTITY	INGREDIENTS	PREPARATION
2 cans (398 ml / 14 oz.)	of your choice of two types of legumes, rinsed and drained (e.g. white, kidney, black or pinto beans; chickpeas; soybeans; etc.)	<ol style="list-style-type: none"> 1. Puree the legumes in a food processor. Add the oil while pureeing for easier blending. 2. Add cumin, salt, paprika and lemon juice. Blend in the food processor for 2 minutes to obtain a smooth puree. <p>Note: This dip can be served with raw vegetables or oven-toasted pita, or spread on whole grain bread or crackers.</p>
15 ml (1 tablespoon)	olive oil	
7 ml (1 ½ teaspoons)	ground cumin	
1 pinch	salt	
3 ml (½ teaspoon)	paprika	
20 ml (4 teaspoons)	lemon juice	