



ROASTED RED PEPPER LENTIL DIP

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Lentils	1 Cup	Olive Oil	1 Tbsp.
Roasted Red Peppers, Drained	½ Cup	Cumin	½ Tsp.
Nonfat Plain Greek Yogurt	¼ Cup	Smoked Paprika	½ Tsp.
Lemon Juice	1 Tbsp.	Salt and Pepper, to taste	
Clove Garlic	1		
SERVING SIZE	¼ CUP DIP		

PREPARATION

- Add lentils, roasted red peppers, Greek yogurt, lemon juice, garlic, olive oil, cumin, smoked paprika, salt, and pepper to a food processor.
- Blend until smooth and creamy.
- Taste and adjust seasoning as desired.
- Refrigerate for at least 30 minutes before serving.