

Luscious Lentil Hummus

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Kori LaLiberty, Kyle Morlan, and staff, Shodair Children's Hospital, MT

Servings - 6

Ingredients

1/2 cup Lentils, raw, dry (red/crimson or yellow lentils recommended)

1 1/4 cups Water

Pinch Salt

1 Tbsp Tahini

1/4 tsp Cumin

Pinch Curry powder

1/2 tsp Salt

Pinch Chili powder

1/2 tsp Garlic, minced

1/2 tsp Paprika, smoked

1 1/2 tsp Lemon juice

1 Tbsp Greek yogurt, plain

1 Tbsp Olive oil



Preparation

1. Rinse the lentils and combine with water in a large pan. Dried lentils will expand to double their volume when cooked.
2. Add the first amount of salt specified to the water and lentils. Note: Salt is added twice in this recipe.
3. Bring to boil. Simmer 20-30 minutes until lentils are tender. Then, drain water.
4. Transfer lentils to a large shallow pan to cool. Place uncovered in fridge to cool.
5. Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice, and yogurt. Using a food processor or blender, blend until smooth.
6. While blending, slowly add oil until all ingredients are combined and smooth in texture.
7. Store in refrigerator. The lentil hummus thickens as it cools.

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Lentils



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