

# BURST OF FLAVOR LENTIL DIP



This flavorful dip will really wow your tastebuds!

## INGREDIENTS

- 1 cup dried lentils (any color works)
- 1 tsp. ground coriander seeds
- 2 cups water
- 1 1/2" piece of fresh ginger peeled & thinly sliced
- 1 lime - zest + 2 tsp. juice
- 1 1/2 tsp. salt, divided
- 3/4 cup shaken canned unsweetened coconut milk, divided
- 1/4 cup fresh cilantro leaves chopped
- fresh veggies or crackers

## DIRECTIONS

Rinse lentils. In saucepan combine washed lentils, 2 cups water, 1 tsp. salt, and sliced ginger. Bring to a boil, turn down heat and cook 15 minutes until water is absorbed.

In a small dry frying pan, toast coriander on medium-low for 1 minute. Careful not to burn it. Stir until fragrant. Divide the amount.

In a blender, combine cooked lentils, with lime zest, lime juice, 1/2 tsp. coriander, 1/2 tsp. salt, and 1/2 cup coconut milk. Blend until smooth.

In small bowl combine 1/4 cup coconut milk, chopped cilantro and 1/2 tsp. toasted coriander. Stir. Swirl on top of dip. Chill. Serve with fresh veggies and/or crackers.