

A close-up photograph of a white ceramic bowl filled with a colorful lentil dip. The dip is topped with diced red and yellow bell peppers, green onions, and dark lentils. The bowl sits on a white rectangular tray, which also holds several slices of cucumber. In the background, a dark glass bottle is visible on a wooden surface. A white text box with red borders is overlaid on the center of the image.

BELL PEPPER LENTIL DIP

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Prep time: 15 Minutes
Cook time: N/A
Servings: 6-8 People

INGREDIENTS:

1 Red Bell Pepper
1 Yellow Bell Pepper
1 Orange Bell Pepper
2 Long English Cucumber
(2) 540mL cans of lentils
2 green onions
1 cup of currants

For the dressing:

1/3 cup vegetable oil
1/4 cup red wine vinegar
1 tsp. dijon mustard
1/2 tsp. cumin
1/2 tsp. cinnamon
1 tsp. curry
1 pinch ground cloves
1 tsp. lemon juice

DIRECTIONS:

Rinse and drain lentils.

Dice Bell Peppers.

Combine diced Bell Peppers, lentils, green onions and currants into a medium mixing bowl.

Combine all dressing ingredients in a small mixing bowl and whisk together. When well mixed, pour dressing into the Bell Pepper and lentil mixture. Mix well.

With a waffle cutter or a knife, slice the Long English Cucumbers on a bias roughly 1/2 inch thick and plate along with the dip.

CHEF'S TIP:

This dip keeps well in the fridge for up to a week, therefore it can easily be prepared as an appetizer in advance of the big game.