

# Bell Pepper LENTIL DIP

Looking for a snack,  
but not looking for  
the extra calories?  
You've found it!  
A sweet addictive  
dip that won't break  
your belt.



## 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 ½ 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.

Nutrition Facts	
Serving Size (422g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 17g	68%
Sugars 6g	
<b>Protein 14g</b>	
Vitamin A 35%	Vitamin C 270%
Calcium 8%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 15 Minutes  
**Cook time:** N/A  
**Serves:** 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
- ¼ cup red wine vinegar
- 1 tsp. dijon mustard
- ½ tsp. cumin
- ½ tsp. cinnamon
- 1 tsp. curry
- 1 pinch ground cloves
- 1 tsp. lemon juice

**NatureFresh**  
Farms

[naturefresh.ca](http://naturefresh.ca)

