



Lentils and sesame dip

Ingredients (serves 6)

1 jar of cooked lentils
(red or pardinas – spanish brown lentil)

40 g water

40 g white sesame paste (tahini)

40 g extra virgin olive oil

½ tsp cumin powder

Salt (restrict in case of hypertension and / or fluid retention)

Method

1. Drain and rinse the lentils properly.
2. Place all the ingredients in a container suitable for blending.
3. Blend until homogeneous.
4. Add salt to taste and serve

Recommendations

You can serve the dip with crudités or bread sticks.
It can also be used on toast or as sandwich filling and other preparations, according to tolerance.