



GOLDEN DOOR®

# RED LENTIL HUMMUS

**YIELD: 8-10 SERVINGS**

## INGREDIENTS

1 cup split red lentils	4 ice cubes or ½ cup additional spring water
2 cups spring water	Pinch of salt/pepper (optional)
1 Tablespoon orange zest	
¼ cup tahini	
3 Tablespoon extra virgin olive oil	
1 teaspoon sumac spice (optional)	
1 Tablespoon lemon juice (optional)	

## METHOD

Rinse the lentils under cold running water until water is clear.

In a 2 quart sauce pan bring 2 cups of water to simmer. Add lentils and stir.

Bring back to a simmer and cover with a tight fitting lid. Turn heat to lowest setting and continue to cook periodically stirring to prevent burning.

Cook for 20 minutes or until lentils are fully cooked through. Remove lentil mixture and allow to cool for a few minutes (approx. 8-10 min.).

Place in food processor. Add orange zest, sumac spice, and tahini. Process until smooth.

Add ice cubes and continue to process while adding the olive oil.

Taste for seasoning (add lemon juice for more acidity if needed).

Serve topped with sumac spice, paired with vegetables or chips for dipping.

***Nutrition per serving:*** 240 calories, 11 grams protein, 27 grams carbohydrate, 10 grams fat, 1.5 grams saturated fat, 0 mg cholesterol, 190 mg sodium, 273 mg potassium, 2 grams sugar, 5 grams dietary fiber