

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

www.aspireperspirenourish.com

Indian-inspired Lentil Spread

Serves 10-12

Ingredients:

Prepare ahead of time:

1/4 cup greek yogurt cheese

1/2 cup unsalted cashews

Remaining ingredients:

3 tablespoons red onion, minced

1 teaspoon of olive oil

1 - 19 fl oz can of lentils (rinsed and drained)

1 teaspoon turmeric

1 teaspoon cumin

1/4 teaspoon each salt and pepper

1 tablespoon lemon juice

2 tablespoon cilantro

Directions:

1. To make cheese from yogurt, place greek yogurt in cheesecloth or paper coffee filter and store in a strainer that drips into a bowl. Store in fridge for at least 2 hours. The consistency will become more like cream cheese as liquid drains from yogurt.
2. Place cashews in a bowl and cover with water. Let stand for at least 2 hours.
3. Following prep steps 1 and 2, get ready to assemble the rest of the ingredients.
4. Saute red onion in olive oil until soft.
5. Rinse and drain lentils and add to food processor and pulse 5 or 6 times.
6. Drain water from cashews and add cashews to food processor. Process for 1 or 2 minutes.
7. Add all other ingredients - onion, yogurt cheese, turmeric, cumin, salt, pepper, lemon juice and cilantro.
8. Process mixture until smooth.
9. Serve with veggies or naan bread.