

Recipe

GARDEN CHICKPEA DILL DIP



► ▸ Vegan, gluten-free, oil-free, refined sugar-free, nut-free

Yield: 3 cups (makes about 4 sandwiches)

Prep Time: 15 min

Total Time: 15 min

INGREDIENTS

1 cup (200 g) cooked lentils
 1 cup (240 g) cooked chickpeas
 1 celery rib, finely chopped
 1 small carrot, grated
 1/4 red bell pepper, finely chopped
 1/4 red onions, finely chopped
 3 Tbsp (12 g) fresh dill, finely chopped
 2 Tbsp (10 g) roasted sunflower seeds
 1 pickle, finely chopped
 1 tsp (5 g) capers, chopped
 1/2 lemon, juiced (~15 mL)
 3 Tbsp (45 g) vegan mayo (or tahini for a more earthy flavour)
 1/2 tsp dijon mustard
 1/4 tsp salt
 Black pepper

DIRECTIONS

1. Add chickpeas to a large bowl and mash with a fork until all chickpeas are broken.
2. Add the remaining ingredients to the bowl and mix, mashing slightly. Chill before serving, if possible, to enhance flavours. Enjoy as-is like a salad, or with crackers and veggies, or spread onto a sandwich!

NOTES

1. **Variations:** all vegetables in this recipe are optional. Add or take away as you desire! But the dill is a must!
2. **Speed-it-up:** using canned chickpeas and lentils speeds up the process.
3. **Storage:** store in an air-tight container in the fridge for up to three days.

SADIA BADIEI

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