

Eating Well; RED LENTIL HUMMUS

Use this fun riff on classic chickpea hummus to anchor a tray of fresh, seasonal vegetable dippers—we recommend multicolored carrots, radishes, and cauliflower florets. You can prepare the hummus up to three days ahead; wash and trim the crudités a day in advance, and store them in ziplock plastic bags lined with paper towels.



Ingredients

- 3 cups water
- 1 cup dried red lentils
- 2 tablespoons tahini
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil, plus more for garnish (optional)
- 1 tablespoon unsalted tomato paste
- 2 garlic cloves, smashed
- 1 1/4 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- Fresh flat-leaf parsley leaves (optional)

Step 1

Bring 3 cups water and lentils to a boil in a medium saucepan over medium-high. Cover, reduce heat to low, and simmer, stirring occasionally, until lentils have split and are mushy, about 30 minutes. Drain and spread in an even layer on a small baking sheet; chill 30 minutes.

Step 2

Process lentils, tahini, lemon juice, oil, tomato paste, garlic, salt, paprika, and cumin in a food processor until smooth, about 30 seconds, stopping to scrape down sides as needed. Spoon into a serving bowl. If desired, garnish with parsley and olive oil. Serve with crudités or pita wedges.