

# Healthy party dips!

The holidays are great for spending time with friends and families. It can however, also be stressful for those of us with lots of social engagements with tempting rich treats. Try eating prior to the party to curb your appetite. Be proactive and bring some food with you that you find nourishing and satisfying such as this trio of dips served with wholegrain crackers and veggies.

## Cilantro Pesto

- 1 bunch coriander, leaves and stems, washed and spun dry
- 1 1-inch fresh ginger root, chopped coarse
- 2 cloves garlic, peeled and chopped coarse
- 1 tbsp toasted sesame oil
- 1 tbsp olive oil or flax oil
- 1/3 cup almonds or almond butter (or organic peanut butter)
- 2 tbsp soya sauce or tamari
- 2 tsp raw honey
- 1/2 lemon, juiced
- 1 1/2 tsp cayenne or hot chili pepper (to taste)

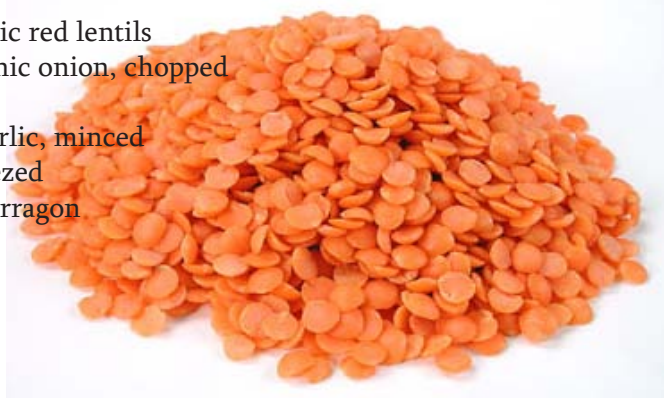
## Roasted Red Pepper Hummus

- 1 can cooked chickpeas or organic can
- 1 clove garlic, minced
- Juice of 1 lemon
- 2 tbsp tahini
- 3-5 tbsp olive oil
- 1/2 tsp cumin
- 1 whole roasted red pepper



## Red Lentil Dip

- 1 cup red organic red lentils
- 1 medium organic onion, chopped
- 2 bay leaves
- 2-3 cloves of garlic, minced
- 1/2 lemon, squeezed
- 1 1/2 tsp dried tarragon
- 1/2 tsp sea salt
- 3 cups water
- Pepper to taste



## Directions:

1. Place all cilantro pesto ingredients in food processor for one minute. Scrape sides and process again. Dilute with water if too thick.
2. To roast pepper, cut red pepper in half, clean out insides, place face down on tray, and broil in oven on top rack until skins have blackened. Place in paper bag; simply place a tea towel over the grilled pepper for a few minutes. This will trap the steam so the skin peels off easily. Blend all ingredients together in a food processor until smooth. If mixture is too thick, add more olive oil or lemon juice.
3. Bring three cups water to a boil and add the red lentils, chopped onions, and bay leaves. Bring to a boil and then reduce heat and simmer for 20 minutes or until tender. Drain lentils through a sieve and discard bay leaves.
4. Put lentils in blender or food processor. Add garlic, lemon juice, tarragon, sea salt and pepper. Puree until smooth. Pour into serving dish.

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