

Zesty Bean Dip



Yield: 12 servings
Preparation time: 20 minutes
Cook time: Not Applicable

Equipment:

- ❖ Food processor
- ❖ Can opener
- ❖ Colander
- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ Cutting board
- ❖ Zester
- ❖ Knife
- ❖ Spoon
- ❖ Rubber spatula
- ❖ Serving bowl
- ❖ Serving plate

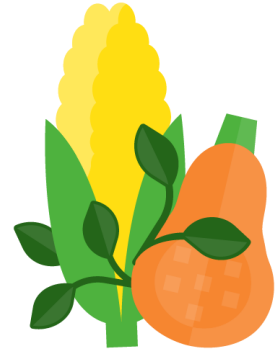
Ingredients:

- ❖ 1 can (540 mL) black beans, drained and rinsed
- ❖ ½ cup (125 mL) medium salsa
- ❖ 3 Tbsp (45 mL) fresh cilantro, removed from stem
- ❖ 2 Tbsp (30 mL) lime juice
- ❖ ½ tsp (2 mL) ground cumin
- ❖ 1 small shallot, cut into quarters or 3 green onions sliced
- ❖ ¼ tsp (1.25 mL) lime zest
- ❖ 2 Tbsp (30 mL) fresh basil removed from stem
- ❖ Variety of cut vegetables for dipping (carrots, celery, pepper, broccoli, cauliflower, cucumber, etc.)

Directions:

- ① In a food processor bowl, puree beans, salsa, lime zest and juice, shallot and cumin until smooth.
- ② Scrape into a bowl.
- ③ Stir in cilantro and basil.
- ④ Serve with a variety of vegetables.

Hummus



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Ingredients:

- ❖ 1 can (540 mL) chickpeas, drained and rinsed
- ❖ 1 tsp (5 mL) ground cumin
- ❖ ½ tsp (2 mL) lemon zest
- ❖ ¼ cup (60 mL) tahini. (sesame seed paste)
- ❖ 1 Tbsp (15 mL) lemon juice
- ❖ 2 Tbsp (30 mL) water
- ❖ 1 clove garlic
- ❖ Variety of cut vegetables for dipping (carrots, celery, pepper, broccoli, cauliflower, cucumber, etc.)

Directions:

- ① In a food processor bowl, combine chickpeas, tahini, garlic and cumin until coarse.
 - ② Add lemon zest and juice. Add more water, if necessary, 1 Tbsp at a time.
 - ③ Serve with a variety of vegetables.
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Legumes and Pulses Flowchart

