

Pistachio Yellow Lentil Dip

½ cup yellow lentils (chana dal)

¾ cup pistachios

2 garlic cloves chopped

¼ cup olive oil

¼ cup water

3 – 4 T fresh lemon juice

1 T freshly ground cumin

Cook the lentils in a small pot of boiling water for 12 – 15 minutes. If untoasted, toast the pistachios in a large skillet over low-moderate heat, about 5 minutes. Let cool.

In a food processor, grind the nuts, add the garlic and combine. Then add the olive oil, lemon juice and cumin; puree till smooth. Add salt and adjust seasonings. Serve with bread or veggie sticks.

Adzuki Bean and Rice

2 cups brown rice

½ cup adzuki beans

3 ½ cups water

½ t. salt

Wash rice and beans together and drain. Add all ingredients except salt in a pressure cooker and soak overnight. Next day, add salt, bring up to pressure and cook 45 minutes.