

Pulse Dip



Pulse dips can be a spread for tortillas or crackers, dip for vegetable sticks or a condiment to add flavor to other meals. You can also thin the pulse dips for a salad dressing.

Yield: 2 ½ cups

Basic Recipe	Quantity	Comments
Cooked pulses	2 cups drained	e.g. chick peas, black beans, lentils
Salt (omit if using canned)	¼ tsp	
Oil	2 Tbsp.	(olive, melted coconut, canola, etc.)
Extra liquid	¼ - ½ cup	

Instructions

- Blend all ingredients in a food processor until smooth.
- Start with a ¼ cup of extra liquid and add more if needed. Chick peas usually need ½ cup of extra liquid to blend. The extra liquid can be oil (for extra calories), vegetable cooking water (if vegetables are an ingredient), broth or plain water.
- Extra ingredients can be added to enhance the flavor and nutrition. I've listed some ideas to get you started. Use your imagination to come up with other ideas!

Extra Ingredients	Examples	Amount
Steamed root vegetable	Root vegetables add an earthy, sweet flavor. Steam them until they are very soft. Use the cooking water for the extra liquid in the basic recipe. Carrots, parsnips and sweet potato work well.	¼ - ½ cup
Broiled vegetables	Broiling (high heat from top element) brings out the sweetness. Bell peppers work well. Brush some oil on the vegetable before broiling.	¼ - ½ cup
Dried herbs and seasoning	Examples: cumin, cayenne pepper or one-step seasoning (e.g. Mrs. Dash). Start with a small amount and gradually add more.	¼ - ½ tsp
Fresh herbs	Examples: chopped cilantro, roasted garlic, fresh oregano	½ - 1 tsp
Nuts	Nuts can pureed into the dip or chopped and added after pureeing for a bit of crunch. Toasting brings out their nutty, sweet flavor.	~ ¼ cup