

Lentil Guacamole

1 Cup Saanichton Farm
Whole Red Lentils

3 Cups Water

1 tsp. Salt

1 tsp. Turmeric

1 tsp. Ground Ginger

*Combine in a small saucepan and

bring to the boil. Reduce heat and simmer for 45
min.

Remove from heat.

1/4 Cup Butter

1 medium Onion finely chopped

3 Cloves Garlic minced

1/2 tsp. Ground Cumin

1 tsp. Crushed Red Pepper Flakes

*Melt butter. Saute onion and garlic in butter. Add spices.

Combine the two mixtures. Add 1 Tbsp. Lemon Juice. Purée to desired
consistency. Serve with flat bread or corn chips

