

Lentil Hummus with Pickled Red Onions

Pickled Red Onions:

- 1 cup water
- 1/2 cup white vinegar
- 1 T sugar
- 1 tsp salt
- 1 small red onion

Hummus:

- 1 cup lentils (any color)
- 2 cloves garlic
- 1 1/2 T miso paste
- 1/4 cup tahini
- Salt, to taste
- 1/4 cup walnuts
- 1 tsp paprika
- 1 tsp cumin
- 1 T fresh parsley
- Olive oil, to taste

For the pickled red onions: In a pot, combine water, vinegar, sugar, and salt and bring to a boil. While that is boiling, slice onions into a thin half-moon shape and place into a clean glass jar. Once the vinegar mixture has just reached boiling point, pour liquid into the jar with onions. The onions should be ready to eat in about 20 to 30 minutes for a quick pickle. You can also store in the fridge for 3 weeks.

For the hummus: Wash lentils with cold water and drain. In a pot, boil water with a pinch of salt. Add lentils and boil until tender (10-15 minutes.) Drain water from lentils. Rinse with cold water to cool off faster. In a blender, add 2 whole cloves of garlic, miso paste and tahini. Blend until smooth and creamy. If the hummus is too thick, add small splashes of cold water. If hummus is too watery, add more tahini. Salt to taste.



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Next, in a blender, combine walnuts, paprika, cumin and parsley then blend until texture is crumb-sized. Assemble the hummus onto a bowl or plater. Make swirl grooves with the back of a spoon in the hummus and drizzle olive oil into the grooves. Sprinkle walnut and spice blend on top, and add pickled red onions to taste. Serve as a dip with your favorite bread or chip.

Recipe by Garden Chef Ilene Rouamvongsor



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