

Cheesy Lentil Spread

4 oz. (125 g) low-fat cream cheese @ room temp
½ cup (125mL) low-fat cottage cheese
1 tsp (5mL) horseradish sauce
1 tsp (5mL) Dijon mustard
¼ tsp (1mL) Greek season
1/8 (0.5mL) ground black pepper
1 cup (250mL) cooked Eston Lentils
¼ cup (50mL) finely chopped smoked beef OR ham
1 tbsp (15mL) minced radish
1 tbsp (15mL) finely chopped green onion

In a food processor, combine cream cheese, cottage cheese, horseradish, mustard, seasoning and pepper. Mix until smooth.

Stir in lentils, smoked beef, radish and onion.

Cover and refrigerate 1 hour.

Serve as dip for veggies or pita chips. Can also be used as a stuffing for vegetables.