

Cashew Dip

This is a nice dip for parties.

Ingredients:

- 3/4 cup raw cashews
- 1/4 cup roasted red peppers (sold in jars)
- 1/4 cup pitted kalamata olives
- 1 small garlic clove
- 4 Tbsp. cup parsley, minced
- 1 1/2 Tbsp. olive oil
- 1 1/2 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pepper



Equipment:

- Food processor

Preston 2020

Cashew Dip:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Soak 3/4 cup raw cashews in cold water		12hr.
	Drain 1/4 cup roasted red peppers. Pat dry and then chop.	5	
	Chop 1/4 cup kalamata olives. Check carefully for pits.	5	
	Peel and mince 1 clove of garlic	2	
	Mince 4 Tbsp. cup parsley	3	
	Drain cashews. In a food processor, combine cashews, red peppers, 1 1/2 Tbsp. water, 1 1/2 Tbsp. lemon juice, 1/4 tsp. salt, 1/8 tsp. pepper, and garlic until smooth	2	
	Transfer cashew mixture to a bowl, stir in 1/4 cup minced parsley and 1/4 cup chopped olives	2	
	Transfer to a serving bowl and then cover with plastic. Allow to rest for flavors to meld.	30	
	Serve with vegetables and/or chips.		
	Total	12 hr. 49 min	