



Indian 7 Layer Dip with Dippers

This classic 7 layer dip gets a healthy & ethnic flavor twist!

INGREDIENTS

8 oz. Stealth Fries® Potato Dippers (Item S0018)

1 cup drained lentils

2 tbsp chopped tomato

2 tbsp chopped cucumber

1 tbsp finely chopped red onion

2 tbsp sour cream

1 tsp of curry powder

Mint leaf for garnish

Salt & Pepper to taste

DIRECTIONS

1. Prepare the Stealth Fries® Potato Dippers to manufacturer's directions.
2. Heat up lentils with vegetable broth and reduce to thicken.
3. Add curry powder and salt and pepper to taste.
4. Place lentils in bowl. Spoon on red onion, cucumber and tomato in an expanding circle.
5. Plate Potato Dippers with bowl.
6. Place a dollop of sour cream in the center.
7. Garnish with mint leaf.

Yield

1 - 2 portions