



BLUE ZONES PROJECT
by sharecare

RECIPES





Greek Fava Dip

A DELICIOUS TRADITIONAL VEGGIE DISH STRAIGHT FROM GREECE! CREAMY AND SUPER TASTY, THE PERFECT STARTER FOR A BLUE ZONES INSPIRED MEAL. SERVE AS A DELICIOUS APPETIZER OR DIP WITH A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

Ingredients

- 2 cups dry yellow split peas
- 1/2 red onion
- 5 garlic cloves
- 3 scallions
- Olive oil
- Salt and paprika
- Bread or sliced veggie for dipping

Directions

1. Chop the red onion, garlic, and scallions; set these aside.
2. Rinse the yellow split peas and place them into a large pot with 5 cups of water. Cook on high heat. Once the peas are boiling, add the chopped red onion, scallion, and garlic. Return the mixture to a boil and then cover the pot and simmer on low heat, stirring occasionally, for about 15-20 minutes or until the peas are very tender.
3. When the peas are tender, turn off the heat and mix in the cup olive oil and 2 teaspoons of salt. Blend the mixture, tasting and adding salt as needed.
4. Put the fava dip into a bowl, drizzle with olive oil, and sprinkle with paprika. The dip is traditionally served at room temperature with crusty bread or sliced vegetables for dipping alongside other appetizers like kalamata olives and dolmas.