

## Feta-Walnut Dip

1 cup chopped walnuts  
a handful of fresh parsley  
1 cup crumbled feta cheese  
½ cup water or milk  
1 clove of garlic  
1 tsp. paprika  
cayenne, to taste  
a little olive oil  
a little fresh oregano

1. Place the walnuts and parsley in a blender or food processor, and blend with a series of quick spurts.
2. When the nuts are ground, add remaining ingredients except olive oil and oregano, and puree until smooth.
3. Transfer to a small serving bowl, cover tightly, and chill. Just before serving, drizzle the top with a little olive oil, and garnish with small sprigs of fresh (or a light sprinkling of dried) oregano. Serve on sesame crackers or toasted pita wedges, or as a dip for raw vegetables.

The Moosewood Cookbook, page 101  
Molly Katzen



## Zingy Bean Dip

- 2 cups cooked pinto beans (1 15-oz. can), rinsed and well drained
- 2 tablespoons fresh lime juice
- 1 medium-sized tomato, peeled and seeded
- 1-2 medium cloves garlic, minced
- a handful of parsley
- a handful of cilantro
- $\frac{3}{4}$  teaspoons cumin
- 1 scallion, minced
- $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon salt
- Black pepper and cayenne, to taste

Whip it all up together in a food processor or blender.



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