



علك او هندباء

Spicy Dandelion Dip

Recipe by Palestinian Delights (@palestiniandelights on IG)

Enjoy a healthy and delicious vegetarian dandelion salad or dip from Palestinian Delights! It's one of their favorite seasonal mezzes to make this time of year. It is easily customizable and can be adapted to include any of your favorite, hearty spring greens! Serve it at room temperature or cold with crackers or crusty bread for dipping.

Ingredients:

*One large bunch of dandelion greens

Juice of one lemon

¼ cup tahini

Salt to taste

1 tablespoon of good olive oil

*Crushed hot red pepper or hot red pepper paste, to taste.

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Wash and chop the dandelion down to one-inch pieces.
2. Boil the chopped dandelion for around 3-5 minutes, drain, and let it cool down
3. In a large bowl, mix the 1/4 cup of tahini and the juice of the lemon, salt, hot red pepper paste or dry hot red pepper flakes and salt to your taste.
4. With your hand try to squeeze any excess water from the dandelion greens,
5. Mix the dandelions with the spicy tahini lemon mixture until all greens are coated. Add the olive oil on top and let it sit for 30 minutes before serving to absorb all that flavor (the longer it sits the better the flavor will be!).
6. Serve with crackers and/or crusty bread for dipping!