

Colorful Hummus Dip

My family enjoys this colorful hummus dip as an appetizer at our celebratory gatherings. This dip contains all six tastes. Scoops made of sliced cucumber, red pepper chunks, and/or warm pita/naan bread triangles support Vata and Pitta with the sweet taste. The bitter and/or astringent taste of endive leaves, firm lettuce leaves, raw carrots, and raw celery when eaten as scoops balance Kapha.

— JoEtta Heck, RDN, CP-FS, Chopra Certified PHAL Educator

Ingredients

1—10 or 16 ounce container of roasted red pepper or plain (chickpea) hummus.
Homemade hummus may be preferred.

1 cup coarsely chopped fresh baby spinach

1/2 cup chopped sun-dried tomatoes reconstituted (Kapha) **or**
1/2 cup Red Pepper spread with eggplant and garlic (Vata or Pitta) (Available at Trader Joe’s Grocery**)

3/4 cup chopped peeled cucumber

**Author’s personal recommendation
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1/4 cup chopped red onion

1/4 cup crumbled herbed goat cheese (herb chèvre) (Vermont Creamery or Haystack Mountain Creamery**)

2 tablespoons sliced Kalamata olives (Vata) **or**
2 tablespoons sliced green olives stuffed with pimentos (Vata or Pitta)

1/4 cup chopped walnuts*, toasted or 1/4 cup chopped almonds, skinned and toasted

Instructions

1. Wash hands before beginning*.
2. Wash all produce prior to chopping*.
3. Spread hummus in a 9- or 10-inch quiche or pie dish.
4. Evenly sprinkle the remaining ingredients in the order listed over the hummus.
5. Refrigerate the covered dish until serving time*.
6. Refrigerate promptly after serving*.
7. Set dish on crushed ice to keep cold when serving in a warm environment*.
8. Discard remaining dip if left at room temperature for two hours.*

*Food Safety Tips

Sweet Vata/Pitta	Red Pepper	Garlic	Cucumber	Herbs	Green Olives	Walnuts, toasted	Almonds, skinned and toasted
Salty Vata	Kalamata olives	Green Olives	Prepared hummus	Red pepper mix			
Sour Vata	Goat Cheese	Kalamata olives					
Pungent Kapha	Spinach	Sun-dried tomatoes	Red Onion				
Bitter Pitta/Kapha	Spinach	Eggplant	Garlic				
Astringent Pitta/Kapha	Chickpea hummus	Spinach- 2nd taste	Cucumber 2nd taste				

This recipe is an adaptation of Holly Clegg’s recipe: Eight Layered Greek Dip that I originally discovered on WebMD.com several years ago. Holly Clegg is the author of *Too Hot in the Kitchen: Secrets to Sizzle at Any Age*.