

## Greek Fava Dip

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**About this recipe:** This dip is made from yellow split peas, an economical and nutrient dense protein source boosting 8 grams per ½ cup cooked. The recipe originated from the island of Ikaria, one of original five Blue Zones, where the term “fava” refers to a creamy dip. Not only is this recipe packed with protein, but also fiber. For additional calories and flavor, it can be enhanced with a drizzle of olive oil or other garnishes to brighten the dish such as fresh chopped herbs or onions.

**Can help with side effects:** nausea, diarrhea, constipation, trouble swallowing, sore mouth and throat, unintentional weight loss, taste changes (optional): This recipe can be a very versatile option for our oncology population. Not only is it a soft, moist protein source, but it can be served cold or warm- very helpful for those on chemotherapy regimens such as Oxaliplatin. In addition, as mentioned earlier, it can be enhanced with a multitude of items such as olive oil for extra calories or an additional squeeze of lemon for those struggling with dysgeusia. If a patient has mucositis, simply omit the acidic parts of the recipes for a much more bland, but still protein packed dip.

Lastly, while this can be served as more of a dip or a snack, it can also be turned into a meal by spreading the fava dip as a base layer for fish, chicken or roasted vegetables. I use my Instant Pot to quickly whip up a batch for the busy week ahead.

**Servings:** 4 to 6 servings

**Serving Size:** ½ cup

**Ingredients:**

- 2 tablespoons olive oil
- 1 small red onion, peeled and diced
- 2 cloves garlic, minced
- 2 cups water
- 1 cup yellow split peas, dried
- 1 bay leaf
- 2 teaspoon ground cumin
- 2 tablespoons of fresh lemon juice
- Salt and pepper to taste

**Instructions:**

1. Turn your instant pot onto Sauté mode. Cook down diced red onion (save a Tbsp for topping, if desired) and garlic in 2 Tbsp of olive oil.
2. Once translucent, add in 2 cups of water, 1 cup of dried yellow split peas, 1 bay leaf and 2 teaspoons of ground cumin.
3. Turn your instant on to pressure cook mode for 10 minutes. Once cooked, let naturally release.
4. Once you are able to open the lid, add in fresh lemon juice and salt/pepper to taste. Use the back of a fork with beat together or use an immersion blender for a quicker mix. Of note, this dip will continue to thicken up as it cools down.
5. Serve on a small plate with fresh vegetables, whole grain crackers, etc.
6. Optional, top with additional olive oil, fresh cut herbs or remaining diced red onion.
7. Enjoy!

Nutrient info per serving:

Calories: ~ 140 kcal

Protein: ~6 g

Fat: ~8 g

Carbohydrates: ~12 g

Fiber: ~5 g