



Makes 2 servings
Cook Time: 20 minutes

INGREDIENTS:

¼ cup cashews

1 (8 oz) package precooked
beets, roughly chopped

⅓ of a red onion, finely chopped

3 tablespoons fresh parsley,
finely chopped

½ tablespoon fresh lemon juice

1 clove garlic

1 teaspoon Dijon mustard

sea salt

freshly ground black pepper

1 cucumber, sliced into ¼-inch
disks

Easy Beet Wonderdip

Looking for a colorful complement to crunchy cucumber? Try saying that five times, fast! This bright red bowl of delicious dip can almost double as a centerpiece.

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By Darshana Thacker Wendel

- 1** Combine cashews with ½ cup hot water in a bowl. Let stand for at least 15 minutes, then drain thoroughly.
- 2** Chop beets, onion, and parsley. Juice lemon.
- 3** Combine cashews, beets, and garlic in a blender and purée until a smooth paste forms. Transfer to a bowl and add onions, parsley, lemon juice, and mustard; mix well. Season with salt and pepper to taste.
- 4** Serve the sliced cucumber with dip.