

# Tangy Tomato Sunchoke Dip

*Makes about 2 cups*

## Ingredients:

- 1 lb sunchokes, cleaned and chopped
- 1/2 c dried tomatoes
- 2 Tbs apple cider vinegar
- 2 Tbs preferred oil
- 1/2 c feta cheese
- 2 Tbs lemon juice
- salt and pepper to taste



## Instructions:

1. Place sunchokes in bowl filled with enough water to cover. Add apple cider vinegar and allow to soak for 30 minutes to an hour. Drain and rinse. This stepped can be skipped if you are pressed for time, but it helps reduce the flatulence-inducing inulin in the tubers.
2. Soak dried tomatoes in enough warm water to cover for 30 minutes. Drain tomatoes, reserving water for later use.
3. Preheat oven to 400F. Toss drained sunchokes with oil, and roast in the oven for 30 minutes, stirring occasionally.
4. Allow sunchokes to cool slightly, then chop in a food processor with tomatoes, feta cheese, and lemon juice. Add reserved tomato-soaking water two tablespoons at a time as needed if the dip looks too dry. Continue to process the dip until smooth.
5. Season with salt and pepper to taste.