Use Spark Streaming along with Twitter API to extract continuous tweets about restaurants in the Dallas area. Analyze each of them for positive and negative sentiments and report the net sentiment index.

1. Extract tweets using Twitter handle for the following search criteria:
   "Dallas" and "Restaurants"

2. Analyze the sentiment of these tweets.

3. Report the average of sentiment for all tweets. The range should be between 1 – 5, where 1 indicates totally negative reviews and 5 indicates totally positive reviews.