

Roasted Red Pepper Hummus



This bright hummus is great as a spread on sandwiches, burgers, as a dip for veggie or whole wheat pita chips.

YIELD	PREP TIME	TOTAL TIME
10 SERVINGS	10 MIN	10 MIN

INGREDIENTS

1 (15 oz) can	Chickpeas/Garbanzo Beans, drained and rinsed
¼ cup	Roasted Red Peppers, jarred, drained, roughly chopped
1 each	Lemon, juiced
1 each	Garlic clove, roughly chopped
2 Tbsp	Extra Virgin Olive Oil
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt
To taste	Black Pepper, ground

For Dipping:

1 each	English Cucumber, cut into ½" thick coins
2 each	Carrots, cut into ½" thick, 2" long batons

CHEF'S NOTES

You can choose to use fresh red bell peppers and roast them on an open flame. Cook the outsides until the outer skin becomes blackened and charred. Place in a covered container until cool enough to handle. Remove the skins and center core with seeds. Use the cooked flesh as a replacement for roasted red peppers in a jar or can.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Before blending, microwave drained chickpeas until hot (about 1-2 minutes on high). This will result in a smoother hummus.
3. Add all ingredients to a food processor and blend until smooth. Stop the processor and scrape down the sides using a rubber spatula to ensure the hummus is well blended.
4. If hummus is too thick, add warm water a tablespoon at a time until the hummus is smooth and creamy.
5. Store in the refrigerator until ready to serve with cucumber and carrots. Leftovers will keep in an airtight container for up to 4 days in the refrigerator.

Nutrition Facts

10 servings per container

Serving size 2 Tbsp (60g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.5mg 2%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

