

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 10 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

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

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 food processor or blender and blend until smooth. If hummus is too thick, add warm water a tablespoon at a time until the hummus is smooth and creamy.
4. Store in an airtight container for up to 4 days in the refrigerator or serve immediately.

Nutrition Facts

10 servings per container

Serving Size 2 Tablespoons (56 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 3.5g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 5%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 5%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.67mg 4%

Potassium 89mg 0%

*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.

