

Creamy Roasted Red Pepper Hummus

2 garlic cloves, minced
3 tablespoon fresh lemon juice
2 tablespoons minced red onion
¼ cup fresh parsley
¼ teaspoon cumin
¼ teaspoon curry
Pinch of Cayenne pepper
Pinch of Paprika
Pinch of Coriander
1 tablespoon toasted sesame oil or olive oil
1 15-oz can chick peas (garbanzo beans)
1/8 cup water
1 roasted red pepper**
Salt to taste (optional)

Combine garlic, lemon juice, red onion, parsley, cumin, curry, cayenne, paprika and sesame oil in a food processor and blend. Add chickpeas, water, roasted red pepper and salt, if using. Blend until smooth. Add more water if needed. Serve.

**To make a roasted red pepper, cut fresh red pepper in half and place on oven sheet face down. Bake 3 minutes at 350 degrees. Place red pepper in zip lock bag for 5 minutes until cool. Take out of bag and pull off skin.

Makes 16 servings. Serving Size 2 tablespoons

Calories 40 Fat 1g Carbohydrate 6g Dietary Fiber 1g Protein 2g Sodium 25mg