

Red Roasted Pepper Hummus

Ingredients:

- 2 16-ounce chickpea or garbanzo beans, canned
- 1 cup roasted red peppers
- 1/3 cups lemon juice, about 2 lemons
- 1/4 teaspoon garlic powder or 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- Black pepper to taste
- 2 tablespoons olive oil
- 1/4 cup toasted sesame seeds or 1 1/2 tablespoons tahini

Equipment:

- Blender or bowl with potato masher
- Colander
- Measuring cups
- Measuring spoons
- Baking sheet

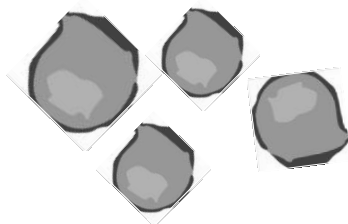
Number of Servings: 24

Prep Time: 10 minutes

Total time: 10 minutes

Directions

Combine all ingredients in a blender or food processor and combine until smooth.
 Serve with toasted whole wheat tortilla chips or pita bread.



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Nutrition Facts

Serving Size: 1/4 cup dip

Servings: 16

Amount Per Serving

Calories 94 Calories from Fat 29

%Daily Value*

Total Fat 3g **5%**

Saturated Fat trace **1%**

Cholesterol 0mg **0%**

Sodium 238mg **10%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **11%**

Protein 3g **6%**

Vitamin A 7% Vitamin C 27%

Iron 5% Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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