

Eat Smart • Move More

Roasted Red Pepper Hummus

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 32 ounces canned low-sodium chickpea or garbanzo beans, drained and rinsed with $\frac{1}{2}$ cup of liquid reserved
- 1 cup jarred roasted red peppers, drained
- $\frac{1}{3}$ cup lemon juice
- 2 tablespoons olive oil
- 1 $\frac{1}{2}$ tablespoons tahini or peanut butter
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{8}$ teaspoon ground black pepper
- 6 carrots, cut into strips

Directions

- Combine all ingredients, except for carrots, in a blender or food processor and combine until smooth.
- Serve with carrot strips. NOTE: Can also be served with peppers, celery, radishes, cauliflower, broccoli, and toasted whole-wheat pita bread.

Nutrition Facts

12 servings per container	
Serving size	1 serving (129.6g)
Amount per serving	120
Calories	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 251mg	6%

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

Quick Tips

- Use hummus as a dip or spread onto a sandwich for a healthy snack!
- $\frac{1}{3}$ cup lemon juice is approximately 2 lemons juiced.
- For a stronger garlic flavor, replace garlic powder with fresh garlic. $\frac{1}{4}$ teaspoon garlic powder = 2 garlic cloves.

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(Recipe adapted from: <https://toriavey.com>.)

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