

Roasted Red Pepper Hummus Recipe

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Recipe

Roasted Red Pepper Hummus

Serves: 4-8

Difficulty: easy

Prep and Cook time: 20 minutes

1 16-20oz can garbanzo (chick) beans
1/2 cup lemon juice
1/2 cup tahini paste
1/4 cup yogurt
2-3 cloves minced garlic
1 roasted red pepper peeled
1/2 tsp salt
1 tbs olive oil
1/4 tsp cayenne pepper (optional)
2 tbs chopped parsley for garnish
black olives for garnish

Roast a red pepper under the broiler until charred. Then place in a plate and cover with plastic so pepper is steamed for ten minutes so that you can peel and de-seed the pepper. You can also purchase the red pepper already roasted. In a food processor add the garbanzo beans, lemon juice, red pepper, yogurt, garlic, cayenne pepper and salt then blend well for 1 minute. Next add the tahini, olive oil and blend until well combined. Spread the hummus in a plate and garnish with parsley, olives and olive oil. Serve with pita, crackers or chips.

This can also be stored in a tupperware in the refrigerator for about a week.