

Roasted Red Pepper Hummus

In a food processor or blender, combine all of the ingredients except the salt and pepper. Process the mixture until smooth. Season to taste with salt and pepper. Serve chilled or at room temperature with warmed whole wheat pita wedges.

- 1 jar (7 oz.) roasted red peppers, drained
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 can (15 oz.) cannellini (white kidney) beans, drained and rinsed
- 1/4 C tahini (sesame paste)
- 2 garlic cloves, minced
- 2 T freshly squeezed lemon juice, or to taste
- 1 t ground cumin
- salt and freshly ground black pepper



Heart Healthy Recipe Because MHS ♥'s You

This tangy appetizer takes only minutes to prepare. Toasted wedges of whole wheat pita bread are one good vehicle for the dip. Or use it as a spread on sandwiches, piling on a variety of colorful vegetables for a phytochemical feast. You may substitute 1 1/4 Cups cooked beans for each 15-oz. can. Tahini, a Middle Eastern paste made from sesame seeds, is rich in syringic acid, a powerful antioxidant. This acid, working with the lignans and other phenolic acids in sesame, is believed to protect against skin cancer. Look for tahini in the ethnic section of your supermarket.

Makes 24 servings (2 Tablespoons per serving)/per serving:

Calories	50
Total Fat	2g
Saturated fat	less than 1g
Carbohydrates	7g
Protein	2g
Dietary Fiber	2g
Sodium	104mg



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