

Southwestern Red Pepper Dip

Put the dried tomatoes in a medium bowl and add enough very hot water to cover. Let the tomatoes soak for 5 minutes. Drain well, reserving 3 T of the soaking liquid. In a food processor or blender, process the tomatoes, red peppers, garlic, cumin, lemon juice, cilantro, and scallions until smooth and well blended. Add the cream cheese and puree the mixture, scraping down the sides of the bowl occasionally and adding enough of the reserved tomato-soaking liquid to thin the dip to the desired consistency. Season to taste with salt, pepper, and hot pepper sauce, if desired. Adjust the seasoning, adding more cumin or lemon juice if needed. Transfer the dip to a container. Cover the dip and refrigerate for 6 to 24 hours before using to allow flavors to meld. Bring the dip to room temperature before serving.

- 1 package (3 oz.) or about 30 sun-dried tomato halves (not packed in oil)
- 2 jars (7 oz. each) roasted red peppers, drained
- 2 garlic cloves, finely chopped
- 1 1/2 t ground cumin, or to taste
- 1 t freshly squeezed lemon juice, or to taste
- 1/4 C chopped fresh cilantro, loosely packed
- 1/4 C chopped scallions, trimmed
- 4 oz. reduced fat cream cheese, softened
- salt and freshly ground black pepper
- hot pepper sauce (optional)


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Once you try this lower-fat, lower-salt dip, you will never again want a commercial dip or one made from salty seasoning mixes and sour cream. The roasted red peppers give it an earthy, peppery taste that's not hot. Place this dip in a attractive bowl on a platter, and surround it with a variety of cut-up vegetables or baked tortilla chips. It can also be used as a sandwich spread.

**Makes 18 servings (2 Tablespoons
per serving)/per serving:**

Calories	42
Total Fat	2g
Saturated fat	1g
Carbohydrates	5g
Protein	2g
Dietary Fiber	less than 1g
Sodium	117mg


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