



Recipe for-

Family Friendly Recipe: Roasted Red Pepper Hummus

Ingredients:

2 red peppers
2 can chickpeas, drained and rinsed
2-3 cloves garlic, peeled
2-4 Tablespoons olive oil
¼ teaspoon salt
1/8 teaspoon ground black pepper

Preparation steps:

Rinse red peppers under cool running water. Pat dry then remove stem end and seeds. Cut the peppers in half, then in half again.

Line a baking sheet with aluminum foil. Place the pepper section, flesh side down (skin side up) on the foil. Gently press the pepper sections down to flatten slightly.

Broil on the top rack of an oven or broiler. Broil until the skins are blistered and charred. Remove the pan from the oven then cover the peppers with foil. Allow to stand 10 minutes or until cool enough to handle.

Remove the pepper skins with a paper towel (this keeps the skins from sticking to your fingers).

Place chickpeas, roasted red peppers, garlic, salt, pepper, and 2 Tablespoons olive oil in a food processor. Process until the mixture is smooth and creamy. If the mixture is dry, add 1 additional Tablespoon olive oil, then, process again.

Serve Roasted Red Pepper Hummus with a variety of your favorite veggies! The hummus is also delicious as a nutritious spread on your favorite sandwich, example: tomato, spinach, cheese and hummus on multigrain bread.