Roasted Bell Pepper and Bean Hummus

Source: Recipe by Munira Ali

This can be used as spread or dip!

About the Recipe

298 Calories · 12 g Protein · 9 g Fiber Snack

Ingredients

Makes 5 Servings

- 2 red or green bell peppers, roasted
- 3 c (456 g) cooked and drained garbanzo beans
- 2 tbsp (30 mL) sesame seeds
- 1/4 c (60 mL) lemon juice
- 1/3 tbsp (5 mL) reduced-sodium soy sauce
- 1 1/2 tsp (7.5 mL) cumin powder, roasted
- 1 clove garlic
- 1/2 tsp (2.5 mL) iodized salt
- 1/2 tsp (2.5 mL) grounded black pepper
- 1/4 tsp (1.2 mL) chili powder

Directions

- 1. Blend peppers, garbanzo beans, and all the other ingredients in a food processor or blender to make a paste.
- 2. Serve with pita or chapati, or use it as a spread for sandwiches.

3. Notes: You can roast whole cumin seeds and grind as well as buy pre-roasted bell peppers.

Nutrition Facts

Per serving (1/5 of recipe): Calories: 298 Fat: 5 g Saturated Fat: 2 g Calories From Fat: 47% Cholesterol: 0 mg Protein: 12 g Carbohydrate: 29 g Sugar: 3 g Fiber: 9 g Sodium: 553 mg Calcium: 70 mg Iron: 3 mg Vitamin C: 81 mg Beta-Carotene: 742 mcg Vitamin E: 2 mg

Potassium: 315 mg