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