



ROASTED RED PEPPER & JALAPENO HUMMUS

Serves 12

Serving size: 1 ½ cups

**NUTRITION INFORMATION PER SERVING:
49 CALORIES, 7 G CARBOHYDRATE,
2 G FAT, 2 G PROTEIN**

- 1 red pepper, roasted**
- 1 to 2 jalapenos, roasted**
- 1 clove garlic**
- 1 can chickpeas (drained with liquid reserved)**
- ¼ cup liquid from chickpeas (or water)**
- 2 Tbsp lemon juice**
- 2 Tbsp tahini**
- 1 tsp cayenne pepper (optional)**
- ½ tsp paprika**

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Place red pepper and jalapeno on a baking sheet and roast for 45 minutes to one hour, turning occasionally.
3. Let cool and remove outer skin and stem from pepper and remove stem from jalapeno.
4. Place in a food processor and add chickpeas, lemon juice, garlic, tahini, cayenne pepper and paprika.
5. Process until smooth.
6. Add reserved liquid 1 Tbsp at a time until desired thickness is reached (you may not use all the liquid).