Roasted Red Bell Pepper Hummus

Ingredients
I can (16oz -19oz) of chickpeas
1 red bell pepper
1 tablespoon of tahini
1 ½ tablespoon fresh lemon juice
1 ½ tablespoon olive oil
3/4 teaspoon cumin
1 clove of garlic, crushed
1/2 teaspoon salt
1 ½ tablespoons water

Method
1. Wash and dry red bell pepper. Chop into ½ inch pieces.
2. In a blender or food processor, blend the chickpeas.
3. Add red bell pepper, olive oil, tahini, lemon juice, garlic, cumin, water, and salt until the ingredients form a creamy, paste-like consistency.
4. Serve immediately or cover and refrigerate for 30 minutes.

Nutrition Facts

Serving Size 4 oz (110g)
Servings Per Container

Amount Per Serving

Calories 150	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 4g	

Vitamin A 15% • Vitamin C 50%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4