

Betty's Roasted Red Pepper Hummus



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Hummus:

Hummus is an inexpensive, high-fiber and protein-packed food; yet only a few households dabble with this dip. This Middle Eastern mixture of chickpeas, also known as garbanzo beans, and tahini has endless possibilities so there is no hummus humdrum. This recipe adds roasted red bell pepper for richer flavor. This recipe is from Blendtec. You can see their blenders and more recipes at www.blendtec.com. Note: This recipe works in a less powerful blender, too.

INGREDIENTS:

- 2 Tbsp olive oil
- 2 Tbsp fresh lemon juice
- 2 Tbsp tahini
- 1 clove garlic
- 15 oz can chickpeas (garbanzo beans), drained and 1/4 C liquid reserved
- 1 C roasted red bell pepper
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper

INSTRUCTIONS:

Add ingredients, including the 1/4 cup reserved garbanzo bean liquid, to jar in order listed and secure lid. Select "Dips." Turn Twister lid counter-clockwise during blending. Serve. I served my Roasted Red Pepper Hummus with Savory Pita Crisps, which you will find in [bettyskitchen](http://bettyskitchen.com). Enjoy!!! --Betty :)

NUTRITIONAL INFORMATION:

- Servings 7
- Serving Size 1/4 cup
- Calories 100
- Fat 7 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 350 mg
- Carbohydrates 12 g
- Fiber 3 g
- Sugar 1 g
- Protein 5 g