



Roasted Red Pepper Dip

(Makes 3/4 cups)

Ingredients:

- 2 medium red sweet peppers
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 1 teaspoon fresh thyme (or 1/4 teaspoon crushed and dried thyme)
- 1/4 teaspoon salt
- Dash of red pepper flakes
- 1 clove garlic, chopped

Directions:

1. Roast the peppers:
 - Cut peppers into quarters and remove stem, seeds, and membranes.
 - Line a baking sheet with foil. Place peppers down on foil, skin side up and press each segment to lie flat on sheet.
 - Bake in an oven at 425° for 20 minutes or until skin is blackened and blistered.
 - Remove peppers from oven and place in a paper bag. Close bag and let cool for 10 minutes.
 - Peel and discard skins.
2. Place peppers in a food processor, cover and blend until finely chopped.
3. Add tomato paste, sugar, thyme, salt, red pepper flakes and garlic. Cover and blend until smooth.

NUTRITION FACTS:

Serving Size: 1 tablespoon (122 g) Servings Per Recipe: 12

Amount per serving

Calories 36/Calories from fat 2/Total Fat 0 g/Saturated Fat 0 g

Cholesterol 0 mg/Sodium 73 mg

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