

## The Farm at St. Joe's

### Roasted Red Pepper Hummus

#### Ingredients:

1 red bell pepper  
2 Tablespoons Olive oil  
2 cans (14 oz) chick peas  
5 cloves garlic  
1/2 cup lemon juice  
1 cup tahini paste  
1.5 teaspoon salt



#### Directions

- 1) Preheat oven to 450F.
- 2) Core and deseed red pepper and cut into 2 halves.
- 3) Brush pepper halves with olive oil and bake about 20 minutes, or until outside begins to crisp.
- 4) Cut garlic cloves and roasted red pepper into chunks.
- 5) Puree chickpeas, half of the chickpea water, roasted pepper, garlic, lemon juice, tahini paste, and salt into a food processor or blender.
- 6) Add addition chickpea water and salt to achieve desired taste and texture.

#### Tips:

- ❖ Goes great with whole wheat pita bread and raw vegetables.

Serves 16. Nutrition per serving: 172 calories, 11g fat, 424mg sodium, 10g carbs, 1g sugar, 7g protein

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

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