

Roasted Red Pepper Hummus



Cooking with

Kids!

1. Have your kids help dump all the ingredients into the blender.

2. Have your kids help decide which vegetables to serve with the hummus.

Additional Notes

Garlic alternatives

If you don't have a garlic clove, you can use 1/2 tsp of jarred minced garlic or 1/4 tsp of garlic powder.

Vegetable Suggestions

This recipe is excellent for veggies such as carrots, celery, and cucumbers.

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Utah State University Extension

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Ingredients

- 1 (15 oz) low/no sodium can chickpeas or garbanzo beans, drained
- 1 roasted fresh red pepper* or 3/4 cup jarred/canned roasted red pepper
- 1 garlic clove
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp dried basil (optional)
- pinch of salt

Instructions

1. Drain and rinse garbanzo beans
2. Pour all ingredients into food processor or blender and blend until smooth.
3. Serve with vegetable sticks, whole wheat crackers, or on veggie wraps

* To roast a fresh red pepper:

1. Place whole red bell pepper on a parchment paper baking sheet and roast in the oven at 450 degrees F, until blistered and soft.
2. Remove from oven, place in a bowl and cover with aluminum foil or lid for at least 30 minutes, or until cooled.
3. Peel off skin and add to recipe.