

ROASTED RED PEPPER DIP

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/RedPepperDip.aspx>

Ingredients

- 2 medium red sweet peppers
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 1 teaspoon fresh thyme (or ¼ teaspoon crushed and dried thyme)
- ¼ teaspoon salt
- Dash of red pepper flakes
- 1 clove garlic, chopped

Instructions

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.

Makes 12 servings. Serving size: 1 tablespoon (122 g)

Nutritional information per serving (12 servings)

Calories: 36

Calories from fat: 2

Total fat: 0g

Saturated fat: 0g

Cholesterol: 0 mg

Sodium: 73mg

Total carbohydrate: 9g

Dietary fiber: 2g

Sugars: 0g

Protein: 1g

Vitamin A: 135%

Vitamin C: 380%

Calcium: 0%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.

