

SUN-DRIED TOMATO DIP

American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7233&news_iv_ctrl=1122

Ingredients

- 2 large red bell peppers or 1 jar (12 oz.), drained
- 1 can (15 oz.) can white beans, rinsed and drained
- 10 marinated sun-dried tomato halves, coarsely chopped
- 2 garlic cloves, chopped
- 3 Tbsp low fat mayonnaise
- 1 tsp dry oregano
- 1 tsp ground cumin
- ¼ tsp ground chipotle chili powder or pinch cayenne pepper
- Salt and freshly ground black pepper, to taste

Instructions

1. Grill fresh peppers over open flame or under broiler until their skins are blackened all over, using tongs to turn often, about 5 minutes.
2. Place peppers in bowl and cover with plastic wrap. Let sit 20 minutes.
3. When skin is loosened, pull it away with your fingers. (Some bits will remain).
4. Open peppers and remove seeds and ribs. Coarsely chop peppers.
5. Place peppers in food processor or blender and puree.
6. Add beans, sun-dried tomatoes, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth puree.
7. Season to taste with salt and pepper. Dip is best if it sits an hour before serving. It keeps up to 3 days, tightly covered, in refrigerator.

Makes 2 ½ cups. Serving size: 1 tablespoon

Nutritional information per serving (1 tablespoon)

Calories: 18

Total fat: Less than 1g

Saturated fat: Less than 1g

Sodium: 22mg

Total carbohydrate: 3g

Dietary fiber: 1g

Protein: 1g



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