

Roasted Red Pepper Dip

Note: This also makes a terrific base for soup, pasta sauce or salad dressing.

Per 1 tablespoon: 13 calories, negligible fat, protein and carbohydrates, 16mg sodium.

Ingredients

- 2 medium red peppers, roasted and peeled
- 1/2 of 12-ounce package light silken tofu, extra firm
- 1 clove garlic, peeled
- 1 teaspoon balsamic vinegar
- 1 to 2 teaspoons lemon juice
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/2 small jalapeno pepper, seeded, or a few drops hot pepper sauce (optional)
- 1/4 to 1/2 teaspoon ground cumin (optional)

Directions

1. To roast peppers, cut into quarters to obtain nearly flat pieces, discarding seeds and stem.
2. Place skin side up on baking sheet. Broil 10 to 15 minutes, until skins are nearly completely black.
3. Place peppers in covered container 5 to 10 minutes to steam skins.
4. Puree remaining ingredients in blender or food processor until smooth.
5. Peel off pepper skins and discard.
6. Add peppers to blender and process until smooth.
7. Serve with baked tortilla chips, pita wedges or raw vegetables. Makes about 2 cups.