

Roasted Vegetables with Roasted Pepper Hummus

Snack of the Month August - 2014



Roast veggies and make your own roasted pepper hummus dip at home. Easy and yummy!

Prep Time: 35 Min

Start to Finish: 45 Min

Makes: 20 servings (1 tablespoon hummus and 5 pieces vegetables each)

INGREDIENTS

Roasted Pepper Hummus

1 can (15 oz.) chick peas (garbanzo beans), drained, liquid reserved

1/4 cup roasted red bell peppers (from 7-oz jar)

1 tablespoon white wine vinegar or lemon juice

1 tablespoon olive oil

1 medium clove garlic, peeled

Vegetables

7 to 8 green onions, tops trimmed

2 medium red bell peppers, cut into 1 1/2-inch pieces

1/2 lb. fresh asparagus spears, trimmed

1/2 lb. fresh sugar snap pea pods

1 package (8 oz.) fresh whole mushrooms

1 tablespoon olive or vegetable oil

1/2 teaspoon seasoned salt

DIRECTIONS

1. Heat oven to 450°F.
2. In blender or food processor, place chick peas. Cover; process with quick on-and-off motions until smooth, adding enough reserved liquid (about 1/4 cup) to make a creamy mixture. Add roasted peppers, vinegar, 1 tablespoon oil and the garlic; process until smooth. If desired, season with salt to taste. Spoon into serving bowl. Let stand 30 minutes to blend flavors, or cover and refrigerate until serving time.
3. In large bowl, toss vegetables with 1 tablespoon oil to coat evenly. Arrange in ungreased 15x10x1-inch pan; sprinkle with seasoned salt.
4. Bake 7 to 10 minutes or until crisp-tender. Serve warm vegetables with hummus as a dip, or refrigerate vegetables at least 8 hours or overnight and serve with hummus.

Recipe Provides: Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	60	Calories from Fat:	20
Total Fat:	2 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	65 mg	Total Carbohydrate:	8 g
Dietary Fiber:	2 g	Sugars:	2 g	Protein:	2 g

This recipe is adapted from WWW.eatbetterearly.com