Dinner Tonight!

Roasted Red Pepper Hummus

2 cloves garlic, minced
1 – 15 ounce can garbanzo beans, drained
1/3 cup tahini
1/3 cup lemon juice
1/2 cup roasted red peppers
1/4 teaspoon dried basil
salt and pepper to taste

Using a food processor, combine garlic, garbanzo beans, tahini, and lemon juice until smooth. Add red pepper and basil. Mix until all ingredients are combined. Add salt and pepper to taste. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 8 portions (1/4 cup each)

Nutrition facts per serving:
Calories: 132
Total Fat: 6 g
Cholesterol: 0 mg
Sodium: 312 mg
Total Carbohydrate: 17 g
Protein: 5 g

Serve with: whole wheat pita chips or crackers