



# JERSEY TASTES! RECIPES

## *Roasted Red Pepper Hummus*

### INGREDIENTS

#### FAMILY-SIZE SERVES 8 (1/4 CUP EACH)

- 15.5 oz can Chickpeas, drained
- 10 oz jar or 3/4 cup Roasted Red Peppers, drained OR try roasting your own peppers (See instructions)
- 1/4 cup Lemon Juice
- 1 teaspoon Garlic, minced
- 1 teaspoon Cumin
- 1/4 teaspoon Salt
- 2 teaspoons Hot Sauce (Optional)



#### SCHOOL FOOD SERVICE # PORTIONS: 21 (5 OZ SOUFFLÉ CUP)

- 1 #10 can Chickpeas, drained
- 1/2 #10 can or 4 cups Roasted Red Peppers, drained OR try roasting your own peppers (See instructions)
- 1 & 1/3 cup Lemon Juice
- 2 tablespoons Garlic, minced
- 2 tablespoons Cumin
- 1 teaspoon Salt
- 3 tablespoons or to taste Hot Sauce (Optional)



### HUMMUS DIRECTIONS

- 01** In blender or food processor puree chickpeas, red pepper, lemon juice, garlic, cumin, salt and hot sauce.
- 02** Blend until mixture is fairly smooth and slightly fluffy. Refrigerate for at least 1 hour.



### HOW TO ROAST A RED PEPPER

1. Preheat oven to 450°F.
2. Cut peppers in half and remove stem and seeds.
3. Place peppers cut side down on pan with foil or parchment paper.
4. Bake for 15-20 minutes or until wrinkled and partially black. (If using convection oven may take less time)
5. Place cooked peppers in bowl covered with plastic wrap for 30 minutes.
6. Pinch skin and pull up on it. Remove all skin.
7. Refrigerate in airtight container.

**PORTION SIZE: 5 oz soufflé cup**  
**5 oz = 2 oz Meat Alternate or**  
**1/2 cup Veg/Legumes**

**Serve for a vegetarian lunch**  
**with pita or tortilla chips!**

**Fun Fact:**  
Red and yellow bell peppers are just green peppers that have been allowed to ripen!!!