

JERSEY TASTES! RECIPES

Roasted Red Pepper Hummus

INGREDIENTS

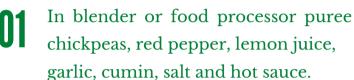
FAMILY-SIZE SERVES 8 (1/4 CUP EACH)

- 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



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 ½ cup Veg/Legumes

Serve for a vegetarian lunch with pita or tortilla chips!







