

## Spiced Sweet Roasted Red Pepper Hummus

### Ingredients:

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

### Directions:

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne and salt.
2. Process, using long pulses until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses.
3. Transfer to a serving bowl and refrigerate for at least 1 hour. (Hummus can be made up to 3 days ahead and refrigerated.)
4. Return to room temperature before serving. ) Sprinkle the hummus with the chopped parsley before serving.
5. Makes 8 Servings

From the kitchen of Chef Leo Pantel  
Executive Chef at the Conexus Arts Centre

