

Roasted Red Pepper-Chipotle White Bean Dip

with Green Olives and Pumpkin Seeds

Ingredients:

- 1 roasted red pepper, peeled and seeded
- 1 can chick peas, drained and rinsed
- 1 can white cannelloni beans, drained and rinsed
- 1 tablespoon tahini
- 1 clove garlic
- juice of 1 lemon
- 2 teaspoons cumin
- ½ teaspoon chipotle powder (more for spicier)
- 1 teaspoon smoked paprika
- kosher salt and pepper to taste
- garnishes: ¼ cup toasted pumpkin seeds, thinly sliced baby bella red pepper, chopped cilantro

Directions:

In a food processor, add roasted pepper, beans, garlic, tahini and spices. Blend until smooth and creamy. Add lemon juice and taste for flavor. You can thin out the dip with water if you prefer a runnier dip.

Serve with warm pita and your favorite beverage. This refrigerates well and is also delicious as a sandwich spread.

