

Delicious Dips or Sandwich Spreads

Ingredients for

Roasted Red Pepper Feta Dip:

- 3 roasted red peppers, seeded and skinned
- 8 ounces feta (in brine)
- 1 Tbsp olive oil
- 1 tsp red vinegar
- 1-2 cloves garlic
- 1 tsp crushed red pepper
- 1 tsp dried oregano, optional garnish
- 1 tsp parsley, optional garnish
- Toasted pine nuts for garnish

Directions:

Preheat oven to 400.

Split peppers lengthwise and place on foil-lined baking sheet cut-side down.

Roast in oven for about 30 minutes until skin is charred and blistered.

Remove from oven and wrap in foil sealing the edges allowing peppers to sweat.

Once cooled, remove skins and place peppers in food processor along with garlic, olive oil, vinegar and crushed red pepper. Pulse until smooth.

Remove feta from brine, break in large chunks and pulse several times to incorporate until nearly smooth.

Place in bowl and garnish with oregano, parsley and toasted pine nuts.

Ingredients for Hummus:

- 1 can white cannellini beans
- 1 can garbanzo beans
- 2 Tbsp tahini
- 2 garlic cloves
- 2 tsp cumin
- 1 tsp smoked paprika
- ½ squeezed lemon
- ¼ cup olive oil
- ½ cup water
- crumbled feta and parsley for garnish

Directions:

In a food processor, combine the beans, tahini and seasonings. Process until smooth.

Add oil, lemon, and water and continue to add liquid until you reach desired consistency.

The white beans along with the chickpeas give the hummus a smoother texture.

Place in bowl and garnish with chopped parsley and feta.

