

# Red Pepper and Walnut Dip

Try this dip as an alternative to heavy cream-based dips! The only fat is healthy unsaturated fat from walnuts. Including a small amount of healthy fat in your diet can help reduce your risk of some chronic diseases.



## Ingredients:

4 medium	Red bell peppers	4 medium
1 small	Red chili pepper	1 small
4 cloves	Garlic	4 cloves
$\frac{3}{4}$ cup	Walnuts, toasted	175 mL
2 slices	Dry white bread, crust removed	2 slices
2 Tbsp	Fresh lemon juice	30 mL
1 Tbsp	Pomegranate molasses (syrup)	15 mL
1 tsp	Ground cumin	5 mL
$\frac{1}{2}$ tsp	Salt	2 mL
6 whole	Whole grain pita bread	6 whole

## Directions:

1. Roast peppers and garlic. Cool and remove skin.
2. Place walnuts in food processor and grind.
3. Add peppers, garlic, bread, lemon juice, molasses, cumin and salt to food processor and blend until smooth.
4. Stir in 1 to 2 tablespoons of warm water if dip is too thick.
5. Cover and refrigerate for at least 2 hours for better taste.
6. Serve with pita bread.

**Makes 12 servings (60 mL /  $\frac{1}{4}$  cup dip +  $\frac{1}{2}$  pita / 94 g)**

# Red Pepper and Walnut Dip

---

## Nutrition Facts

Per 1/12 of recipe (60 mL / ¼ cup dip / 94 g)

Amount	% Daily Value
<b>Calories</b> 170	
<b>Fat</b> 6 g	<b>9 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 300 mg	<b>13 %</b>
<b>Carbohydrate</b> 26 g	<b>9 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 3 g	
<b>Protein</b> 6 g	
Vitamin A	20 %
Vitamin C	140 %
Calcium	2 %
Iron	15 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Saturated fat-free	0 g
Source of potassium	207 mg
High in magnesium	46 mg
Source of folate	24 mcg
Source of iron	1.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Food processor or blender