



Red Bell Pepper Hummus

Yield: Makes 2 cups

Ingredients:

- 1 -15 oz can garbanzo beans, rinsed and drained
- 1 red bell pepper
- 1 garlic clove
- Juice of 1 lemon, about $\frac{1}{4}$ cup
- 2 tbsp. tahini
- 1 tsp. salt
- $\frac{1}{8}$ tsp cayenne pepper or red pepper flakes, optional

Directions:

1. Blend all ingredients together in a food processor until smooth.
2. Serve with raw vegetables or as a spread for tortilla or green wraps.

For Swiss Chard or Lettuce Wraps:

1. Wash chard and lettuce (romaine or butter lettuce work great for wraps)
2. Spread hummus on wrap.
3. Top with favorite toppings, such as, sprouts, chopped cucumber and tomatoes