



Roasted Red Bell Pepper and Artichoke “Tapenade”

Serves 14

12 ounces roasted red bell peppers, rinsed and drained if bottled
½ 14-ounce can quartered artichoke hearts, rinsed and drained
2 ounces sliced button mushrooms
3 Tbsp chopped fresh basil leaves or 1 Tbsp dried basil, crumbled
2 to 3 Tbsp fresh lemon juice or cider vinegar
2 Tbsp chopped red onion
2 medium garlic cloves, halved
2 Tbsp olive oil (extra-virgin preferred)
¼ tsp salt

In a food processor or blender, pulse the bell peppers, artichokes, mushrooms, basil, lemon juice, onion, and garlic until coarse. Pour into a medium bowl. Stir in the oil and salt.

Cook’s Tip: To roast bell peppers, preheat the broiler. Lightly spray a broiler pan and rack with cooking spray. Broil the bell peppers on the broiler pan about 4 inches from the heat, turning until the peppers are charred all over. Or grill whole bell peppers over medium heat for 2 to 3 minutes on each side. Put the broiled or grilled peppers in a plastic or paper bag and close the bag or put them in a large bowl and cover with plastic wrap. Set aside for 5 to 20 minutes. Rinse the peppers with cold water, removing and discarding the skins. Cut the peppers in half and discard the cores, seeds, and stems. Blot the peppers dry with paper towels. Roasted bell peppers will keep in an airtight container in the freezer for up to four months.

Nutritional Analysis

Serving Size: 2 Tablespoons per serving

Calories	30
Fat	2g
Saturated Fat	0.5g
Monounsaturated Fat	1.5g
Cholesterol	0mg
Sodium	110mg
Carbohydrates	3g
Dietary Fiber	0g
Sugars	0g
Protein	11g

Diabetic Exchanges:

Fat ½

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