

Roasted Red Bell Pepper and Artichoke “Tapenade”

Serves 14; 2 tablespoons per serving

12 ounces roasted red bell peppers, rinsed and drained if bottled
1/2 14-ounce can quartered artichoke hearts, rinsed and drained
2 ounces sliced button mushrooms
3 tablespoons chopped fresh basil leaves or 1 tablespoon dried basil, crumbled
2 to 3 tablespoons fresh lemon juice or cider vinegar
2 tablespoons chopped red onion
2 medium garlic cloves, halved
2 tablespoons olive oil (extra-virgin preferred)
1/4 teaspoon 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.

Nutrients per Serving

Calories	30
Total Fat	2.0 g
Saturated	0.5 g
Trans	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	1.5 g
Cholesterol	0 mg
Sodium	110 mg
Carbohydrates	3 g
Fiber	0 g
Sugars	0 g
Protein	0 g

Dietary Exchanges

1/2 fat

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