

Fire Roasted Red Pepper Hummus
Chef Jason Feinberg, East City Grill, Weston, FL
www.CholesterolDownBook.com

1 large red bell pepper
1 can chickpeas – rinsed and drained
½ cup water
½ cup tahini
5 tbsls freshly squeezed lemon juice
1 ¼ tsp salt
2 cloves garlic- minced
4 tbsls extra-virgin olive oil
¼ tsp freshly ground black pepper
2 tbsls chopped parsley

Rub bell pepper with a oil, just enough to coat. Place pepper on grill and grill until outside skin turns black. Place pepper in bowl and cover with plastic wrap, let the pepper sit for 20 min. Peel the black, burnt skin from the pepper. Cut the pepper in half, remove the seeds and stem. Rough chop the pepper so it blends easier in the food processor.

In a food processor, combine the chickpeas, water, tahini, lemon juice, salt, and garlic. Puree the mixture until fully incorporated. While the motor is running, add the olive oil and incorporate fully. Season with salt and pepper. Refrigerate for 6 hours. When ready to serve, stir in the parsley and transfer to serving bowl.