

# Red Pepper Dip with Walnuts

Prep: 10 mins. | Total: 10 mins.

Makes 4 servings

## Ingredients

- 4 roasted red peppers, jarred, drained (or fresh roasted)
- 1 Tbs olive oil
- 3 Tbs balsamic vinegar
- 1/2 tsp cumin, *ground*
- 1 lemon, *juiced*
- 1 clove garlic, *chopped*
- 1 cup walnuts, raw
- 1 tsp crushed red pepper flakes
- salt, *to taste*

## Directions

### Prep

1. Drain and rinse roasted red peppers. If using freshly roasted red peppers, you can leave the skin on.
2. Chop garlic.

### Make

1. Add all ingredients to a food processor and process until creamy with a bit of texture.
2. Garnish with some additional walnuts and a drizzle of olive oil. Season with salt to taste.
3. Serve with fresh vegetables like endive.

well balanced  
nutrition

Per serving:

- C** 242 calories
- C** 8g carbohydrates
- F** 22.6g total fat
- P** 5g protein
- S** 164 mg sodium

