



Makes 6 servings
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 package extra firm silken tofu, drained
2 large red bell peppers, roasted and seeded
3 cloves garlic, peeled and chopped
¼ cup cilantro, chopped
½ teaspoon salt, or to taste
½ teaspoon crushed red pepper
Zest and juice of 1 lime

Creamy Red Pepper Coriander Sauce

Fragrant with the flavor of cilantro (aka coriander), this creamy red pepper sauce is a featured element in our [Curried Millet Cakes with Creamy Red Pepper Coriander Sauce](#). It's also great as a dip for fresh vegetables, as a sandwich spread, or tossed with your favorite cooked pasta. Keep roasted red peppers and silken tofu on hand and you can make this sauce in five minutes. If you are not a fan of cilantro, you can use fresh basil or dill instead.

Tips:

Coriander versus cilantro: Cilantro and coriander refer to the plant *Coriandrum sativum*. In the U.S., the green leaves and stems are called cilantro, while the seeds are called coriander. Outside of the U.S., the leaves and stems are called coriander, and the seeds are called coriander seeds.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Del Sroufe

- 1 To roast peppers, preheat the broiler. Line a large baking sheet with foil. Place the bell peppers on the prepared baking sheet. Broil 4 to 5 inches from heat for 8 to 10 minutes or until charred on all sides, turning occasionally. Transfer to a bowl. Cover with plastic wrap and let stand for 10 minutes. Peel off skins; discard skins, stems, and seeds.
- 2 Combine all ingredients in the bowl of a food processor and puree until smooth and creamy. Refrigerate in an airtight container until ready to use.