



Makes 1 batch
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 15-ounce can garbanzo beans,
rinsed and drained

1 cup roasted red peppers (from
the jar, rinsed)

½ cup artichoke hearts, packed
in water and rinsed

¼ cup tahini

zest and juice of 1 lemon

2 tablespoons tamari (or Bragg's
liquid aminos or low-sodium soy
sauce)

1 tablespoon capers

1-2 cloves garlic, minced

½ teaspoon black pepper

¼ teaspoon cayenne pepper

¼ cup kalamata olives, pitted
(optional, or as garnish)

Roasted Red Pepper Tapenade Hummus

A combination of zesty and sour, this play on hummus may look benign, but it has a spicy kick and will give some heat to keep you energized for the game.

By Julieanna Hever

- 1 Place all ingredients into a food processor, fitted with an S-blade. Process until well-combined.
- 2 Serve with baked tortilla chips, whole grain crackers, and/or raw vegetables.