

ROASTED RED PEPPER PESTO DIP



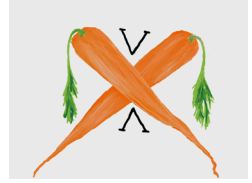
SERVES: 8-10

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES*

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

2 cups roasted red bell pepper
(approximately 1 12 oz jar)*

1/3 cup walnuts, raw

1 garlic clove

1/4 cup mediterranean olives,
pitted

1/4 cup fresh parsley

1/2 tsp red pepper flakes

Zest of 1/2 lemon

Salt, to taste (due to olives)

Fresh ground pepper, to taste

1 TBSP nutritional yeast,
optional

METHOD

Place all ingredients in a food processor. Pulse until a chunky texture forms.

Serve as a dip, as a pesto sauce over pasta, on top of hummus, etc. Use your imagination!

NOTES

*I used a jar of roasted bell peppers to make this a quick recipe! You can also roast your own red bell peppers – just add a little more time.

NUTRIITION

Serving Size: ~3 TBSP Total Calories: 88 Total Fat: 7 g

Sodium: 131 mg Potassium: 118 mg Total Carbohydrate: 3 g

Fiber: 1 g Sugar: 0 g Protein: 1 g