

Red Pepper Dip with Walnuts

Prep Time 10 mins
Total Time 10 mins
Meal Type Lunch,Dinner,Snack,Side
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 4 roasted red peppers, jarred, *drained and rinsed* (fresh roasted red peppers work too)
- 1 Tbs olive oil
- 3 Tbs balsamic vinegar (pomegranate molasses)
- 1/2 tsp cumin, ground
- 1 lemon, *juiced* (for 2 Tbs juice)
- 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.

Notes

This dip is wonderful with fresh vegetables and can also be used as a topping for any protein of choice – grilled fish, roasted chicken, grilled tofu, etc.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	242	Total Fat 22.6g	34%	Total Carbohydrates 8g	2%
		Saturated Fat 2.3g	11%	Dietary Fiber 2g	8%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 0mg	0%	Protein 5g	
		Sodium 164mg	7%		
		Vitamin D 0mcg 0% · Calcium 74mg 7% · Iron 1mg 5% · Potassium 159mg 3%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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