

Lentil and Chickpeas Hummus with Roasted Peppers



Discover our delightful recipe for lentil and chickpea hummus with roasted peppers. A quick, no-cook preparation that bursts with flavors. Elevate your snacking experience with this nutritious and delicious delight.

Preparation 10 min

Cooking 15 min

Servings 8

Nutrition Facts (per serving)

Calories 175

Fat 7

Carbohydrates 21

Fibre 7

Protein 8

Sodium 110

Ingredients

- 1 red bell pepper, seeded and halved
- 45 ml (3 tbsp) olive oil
- Salt and pepper to taste
- 250 ml (1 cup) cooked chickpeas, rinsed and drained
- 250 ml (1 cup) cooked brown lentils, rinsed and drained
- 5 ml (1 tsp) garlic, chopped

- 5 ml (1 tsp) smoked paprika
- 10 ml (2 tsp) miso paste *
- 10 ml (2 tsp) sambal oelek or sriracha (optional)

Note: Miso is a fermented paste made from soy, cereal and salt that can be found in most organic grocery stores. You can replace it in this recipe with soy sauce.

Preparation

1. Preheat the oven to 450°F (230°C). Line a baking sheet with aluminum foil.
2. Place the two red bell pepper halves on the baking sheet and drizzle with 15 ml (1 tablespoon) of olive oil. Season generously with pepper and add a pinch of salt,
3. Bake in the oven for 15 minutes.
4. While your bell peppers are roasting, place all the other ingredients in a bowl.
5. Add the roasted peppers and puree with a hand mixer until smooth and creamy.
6. Adjust seasoning if necessary. Enjoy with crudités, crackers or in a sandwich!

Notes

Will keep for 4 to 5 days in the refrigerator and will not freeze.



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