

# Roasted Red Pepper Dip with Feta and Blue Chips

## Nutrition Facts

Serving Size 36g

### Amount Per Serving

**Calories** 43

Calories from Fat 26

|                                 | <b>% Daily Value*</b> |
|---------------------------------|-----------------------|
| <b>Total Fat</b> 2.9g           | <b>4%</b>             |
| Saturated Fat 1.0g              | <b>5%</b>             |
| <b>Cholesterol</b> 4mg          | <b>1%</b>             |
| <b>Sodium</b> 38mg              | <b>2%</b>             |
| <b>Total Carbohydrates</b> 3.0g | <b>1%</b>             |
| Sugars 1.3g                     |                       |
| <b>Protein</b> 1.7g             |                       |
| Vitamin A 5%                    | Vitamin C 55%         |
| Calcium 4%                      | Iron 2%               |

**Nutrition Grade B+**

\*Based on a 2000 calorie diet

NUTRITION FACTS FOR DIP ONLY

## Ingredients:

4 red peppers, sliced open, seeds and ribs removed  
3- 4 garlic cloves  
¼ cup part skim ricotta cheese  
1 tablespoon olive oil  
2-4 tablespoons crumbled feta cheese

## Kitchen Gear:

Baking sheet  
Plastic container with lid, or plastic or paper bag  
Cutting board  
Sharp knife  
Measuring cup  
Measuring spoons  
Food processor

**Adult:** Yes

**Hands-on Time:** 20 minutes

**Total Time:** 50 minutes

**Serves:** 8

Turn the oven on and set it to 500 degrees.

Put the peppers on a cookie sheet and put in the oven. Roast until the skins are blackened, about 30 minutes. Put them in a plastic container and put the lid on (this will make the skins come off more easily).

After 5 minutes, peel off and throw away the blackened skin. Set aside until cooled.

Put the roasted peppers, garlic, ricotta cheese and olive oil in the bowl of a food processor and process until smooth.

Put in a small bowl and top with the feta cheese. Serve with Blue Corn chips.