



*June 2003*

*As summer is on its way, the entertaining begins. Try these fast, easy and flavourful dishes at your next summer gathering!*

## *Quick Roasted Red Pepper Dip*

*Makes about one and a half cups.*

Three	roasted red bell peppers, skins and seed removed
Three-quarter cup	feta cheese, drained and crumbled
One-half teaspoon	minced garlic
One-quarter teaspoon	hot pepper flakes

To roast peppers:

1. Heat barbecue and place several peppers on the grill and cook until skins become black. Keep turning peppers until skins are blistered and black.
2. Place roasted peppers in a large stockpot with a lid. The steam will make them sweat and the skin will be easier to peel off.
3. Let the peppers cool and then remove stems, seeds and skin.



To make dip:

1. In a food processor or blender, purée peppers feta cheese, garlic and hot pepper flakes.
2. Chill before serving.

***Tip: Serve with raw vegetables, pita crisps, pita bread or whole-wheat crackers.***

### ***Nutrition Information Per Serving***

58 calories	2.8 g protein	3.4 g fat
0.9 g dietary fibre	4.6 g carbohydrate	

*Adapted from Dietitians of Canada Cook Great Food Fast*