

Warm Pepper Dip

Spice of Life | October 2008



Serve this zesty, full-flavored sweet-pepper dip with warm naan or pita chips, or thin it with broth or cream and use as a sauce for scallops or chicken.

PREP: 20 MINUTES ROAST: 1 HOUR OVEN: 450°

- 3 TBSP. OLIVE OIL
- 1 SMALL RED ONION, ROUGHLY CHOPPED
- 4 LARGE RED SWEET PEPPERS, CORED, SEEDED, AND ROUGHLY CHOPPED
- 2 MEDIUM TOMATOES, CORED AND SLICED INTO THICK WEDGES
- 4 CLOVES GARLIC, PEELED
- 1 JALAPEÑO PEPPER, CORED AND SEEDED (OPTIONAL)
- 1 TSP. KOSHER SALT
- 1/2 TSP. GROUND BLACK PEPPERCORNS
- 1/4 CUP WHIPPING CREAM
- 4 OZ. MOZZARELLA OR QUESO FRESCO CHEESE, CUT INTO SMALL CUBES
- WARM NAAN*, CUT INTO WEDGES, OR TOASTED PITA CHIPS

Grease a 2-quart rectangular baking dish with 1 tablespoon of the oil. Add the onion, sweet peppers, tomatoes, garlic, and jalapeño, if using, to the baking dish. Sprinkle with salt and ground peppercorns, drizzle with remaining 2 tablespoons oil, and toss to coat. Roast the vegetables, uncovered, in a 450°F oven until they are soft and brown, about 1 hour, stirring every 15 minutes.

Transfer the vegetables and cream to a blender. Cover and blend until smooth; pour the puree into a medium saucepan; bring to a simmer. Reduce heat to medium, stir in cheese, and cook until cheese starts to melt, 1 to 2 minutes. Serve with warm naan. Makes 10 servings.

*TIP: Naan is Indian flat bread. To warm, wrap in foil. Bake in a 350°F oven until heated through, about 10 minutes.

Per 1/4 cup dip: 120 cal., 9 g total fat (3 g sat. fat), 17 mg chol., 271 mg sodium, 6 g carbo., 2 g dietary fiber, 4 g protein.