

# ROASTED VEGETABLE & CHICKPEA DIP

YIELD: 100 1/2 cup servings

Chef Ryan Eckles

This recipe is the perfect way to spice up your veggie dip. The key is roasting the bell pepper, onions, and zucchini to get some color and release some of the natural sweetness in the vegetables. We like the addition of smoked paprika, but we encourage you to experiment with other herbs (rosemary, thyme, etc.) and spices (chipotle, adobo, etc.) to your liking.

## INGREDIENTS

- 2.5 no. 10 cans chickpeas, drained
- 12 bell peppers, sliced
- 12 onions, sliced
- 12 zucchinis, sliced
- 3/4 cup Garlic cloves
- 1 cup olive oil
- 2 TBSP Kosher salt
- 2 TBSP black pepper, ground
- 2 TBSP smoked paprika
- 1/4 cup red wine or cider vinegar

## DIRECTIONS

1. Preheat oven to 400°F.
2. Place the bell pepper, onion, garlic, zucchini, and olive oil in a medium mixing bowl and toss until the vegetables are coated. Spread the vegetables evenly on parchment lined sheet pan and place to the oven. Roast, tossing occasionally, until they are soft and are beginning to turn brown around the edges, about 45 minutes. Remove from the oven and cool completely.
3. Place cooled vegetables, salt, pepper, smoked paprika, vinegar and drained beans into food processor and blend until mixed but not completely smooth.
4. Taste and season with salt, pepper, or smoked paprika if necessary. Transfer to containers and refrigerate for up to 1 week.
5. Serve with vegetable sticks, pita bread, tortilla strips, or pretzels for dipping or use as a spread on wraps and sandwiches.

## RECIPE NOTES - ROASTED VEGETABLE & CHICKPEA DIP

Recipe credits as 1/4 cup legume vegetable subgroup

Nutritional information per serving\*: 87 calories; 0.25 g sat. fat; 150 mg sodium; 13 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*