

Roasted Red Pepper and Artichoke “Tapenade”

ROASTED RED BELL PEPPER AND ARTICHOKE “TAPENADE”

Serves 14; 2 tablespoons per serving

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| 12 ounces roasted red bell peppers,
rinsed and drained if bottled | 2 to 3 tablespoons fresh lemon juice or
cider vinegar |
| ½ 14-ounce can quartered artichoke
hearts, rinsed and drained | 2 tablespoons chopped red onion |
| 2 ounces sliced button mushrooms | 2 medium garlic cloves, halved |
| 3 tablespoons chopped fresh basil
leaves or 1 tablespoon dried basil,
crumbled | 2 tablespoons olive oil
(extra-virgin preferred) |
| | ¼ teaspoon salt |

In a food processor or blender, pulse the bell peppers, artichokes, mushrooms, basil, lemon juice, onion and garlic until coarse. Pour into a medium bowl. Stir in the oil and salt.

Cook's Tip: To roast bell peppers, preheat the broiler. Lightly spray a broiler pan and rack with cooking spray. Broil the bell peppers on the broiler pan about 4 inches from the heat, turning until the peppers are charred all over. Or grill whole bell peppers over medium heat for 2 to 3 minutes on each side. Put the broiled or grilled peppers in a plastic or

(over)

paper bag and close the bag or put them in a large bowl and cover with plastic wrap. Set aside for 5 to 20 minutes. Rinse the peppers with cold water, removing and discarding the skins. Cut the peppers in half and discard the cores, seeds and stems. Blot the peppers dry with paper towels. Roasted bell peppers will keep in an airtight container in the freezer for up to four months.

Nutrition Analysis Per Serving

CALORIES	30
TOTAL FAT	2.0 g
Saturated	0.5 g
Trans	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	1.5 g
CHOLESTEROL	0 mg
SODIUM	110 mg
CARBOHYDRATES	3 g
FIBER	0 g
SUGARS	0 g
PROTEIN	0 g

Dietary Exchange: 1/2 fat

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