

*Appetizer, Baked, BBQed, Condiment, Dip, First Course, Grilled, Side Dish, Snack, Spread, Vegetarian*

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## *Hummus, Roasted Veggie*

Gary Hughes

**Servings: 4**

Yield: 2 cups

Cuisine: Mediterranean

*I have never really measured out the ingredients so these amounts are more of a guideline.*

*Other versions:*

*Sundried tomato*

*Eggplant*

*Artichoke*

*Jalapeno*

**1 pound Chickpeas, Canned**  
**2 Bell Peppers, coarsely chopped**  
**1/2 cup Onion, coarsely chopped**  
**1/2 Zucchini, 1/4-inch thick slices**  
**2 teaspoons Italian Herbs**  
**1 tablespoon Olive Oil**  
**1/4 cup Toasted sesame seeds**  
**3 cloves Garlic, coarsely chopped**  
**1/4 cup Lemon Juice**  
**1 tablespoon Vinegar**  
**2 teaspoons Salt**  
**1 teaspoon Pepper**  
**1 teaspoon Cumin**

Toss the veggies with a little olive oil and Italian herbs. Roast in an oven or (even better) in the BBQ. Roast until soft and browned. Set aside to cool.

Place the sesame seeds in the processor and process until ground into powder.

Combine all ingredients in food processor and process to a smooth paste.

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Per Serving (excluding unknown items): 203 Calories; 5g Fat (21.1% calories from fat); 7g Protein; 35g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1409mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.