



Spanish Red Pepper Sauce

Serves 6-8

1/3 cup	Slivered almonds (1 1/2 ounces)
1/4 cup	Plain bread crumbs
1 clove	Garlic
1/8 tsp	Salt
1 7oz jar	Roasted red peppers, drained and rinsed
1 medium	Tomato cut into chunks (1cup)
1 Tbsp	Olive oil
1 Tbsp	Vinegar
1/2 tsp	Paprika
1/4 tsp	Crushed red pepper

- Toast almonds in a small, dry skillet over medium low heat, stirring constantly until light golden (3-4 minutes). Put in small bowl to cool.
- Place almonds breadcrumbs, garlic and salt in a food processor and process until almonds are ground.
- Add red peppers, tomato, oil, vinegar, paprika, crushed red pepper and ground pepper; process until smooth. Transfer to small bowl.

Serve as a dip for whole grain breads or veggies or as a sauce for grilled veggies, chicken or fish.

Recipe adapted from a *Tufts University Health & Nutrition Letter*.

Nutritional Information:

Calories: 65	Total Fat: 4g
Saturated fat: 0g	Carbohydrates: 6g
Fiber: 1.5g	Protein: 2g