

Roasted Vegetable Dip

Chef Stephen Forman

RECIPE MAKES: 25 SERVINGS

INGREDIENTS

- 2 large sweet red peppers
- 2 large yellow peppers
- 1 large zucchini
- 1 medium onion
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- 1 package (8 oz.) reduced-fat cream cheese

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(46g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 75mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Preheat oven to 425°F
2. Cut vegetables into 1-inch pieces
3. Place in a 15x10x1 inch baking pan coated with cooking spray
4. Toss with oil, salt and pepper
5. Roast 25-30 minutes or until tender, stirring occasionally
6. Cool completely
7. Place vegetables and cream cheese in a food processor
8. Process until blended
9. Transfer to a bowl; refrigerate, covered, until serving
10. Serve with crackers

Healthy Options

