

D'Avolio Harissa

Makes: 6 servings



Ingredients:

- ♥ 1 tsp. cumin seeds
- ♥ 1 tsp. coriander seeds
- ♥ 1 tsp. caraway seeds
- ♥ 2 roasted red peppers from a jar, coarsely chopped
- ♥ 1 red Thai Chile with seeds, chopped
- ♥ 1 garlic clove, chopped
- ♥ 2 Tbsp. D'Avolio Extra Virgin olive oil
- ♥ 1 Tbsp. freshly squeezed lemon juice

PREPARATION

1. If using fresh chiles, place in a heat proof bowl and cover with boiling water. Let it stand for 30 minutes
2. Toast the cumin, coriander, and caraway seeds over low-medium heat, when the spices are fragrant remove from the pan
3. Grind the spices (mortar and pestle, spice grinder, or coffee grinder)
4. Drain the chiles, save the liquid
5. Stem and seeds from the chiles
6. Combine the chilies, ground spices, lemon juice and garlic in a food processor
7. Start running the food processor and drizzle in the olive oil slowly, to form a thinner paste drizzle in the remaining liquid from the chiles
8. Serve as is or over hummus

Nutrition: 70 calories; 7g fat (1g saturated fat); 2g carbohydrates; 0g protein; 0g fiber; 90mg sodium



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