



Holiday Recipes From The AICR Test Kitchen



Tomato and Red Pepper Dip

Ingredients:

- 1 jar (12 oz.) roasted red peppers, rinsed and drained
- 1 can (15 oz.) white beans, rinsed and drained
- 1/4 cup tomato paste, preferably reduced sodium
- 2 garlic cloves, minced
- 3 Tbsp. lowfat mayonnaise
- 1 tsp. dry oregano
- 1 tsp. ground cumin
- 1/4 tsp. ground chili powder or pinch cayenne pepper
- Salt and freshly ground black pepper, to taste



Instructions:

Coarsely chop peppers. Place in food processor or blender and puree. Add beans, tomato paste, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth puree. Season to taste with salt and pepper. Let stand one hour before serving. Keeps up to 3 days, tightly covered and refrigerated. Makes 2 1/4 cups.

Nutritional Information:

Per 2 tablespoons: 32 calories, <1 g total fat (<1 g saturated fat), 6 g carbohydrate, 1 g protein, 1 g dietary fiber, 120 mg sodium.

Did you know?

- The white beans in this recipe contain phytochemicals called saponins that have been shown in labs to slow cancer cell growth.
- The American Institute for Cancer Research expert report lists garlic as one food that probably decreases one's chances of developing colorectal cancer and the lycopene in tomatoes as probably protecting against prostate cancer.
- The compound that make chili peppers hot is called capsaicin, and many lab studies suggest it may help fight cancer; if you bite into a pepper that makes your mouth burn, don't reach for a class of water – try milk. There's a protein in milk that breaks the bonds capsaicin forms with the nerves in your mouth.

