

# The Wellness Kitchen

Recipes from the UC Berkeley School of Public Health



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## Red Pepper Harissa



Harissa is the fiery hot condiment that normally accompanies the North African stew called couscous. Our version is tempered by the addition of roasted bell peppers, but it's still on the spicy side. (Those with a taste for spice should add up to  $\frac{1}{4}$  teaspoon additional cayenne.) Stir this condiment into soups or stews, spread on sandwiches, or mix with low-fat yogurt as a dip for vegetables.

### Makes 1 cup

2 red bell peppers, roasted

3 garlic cloves, peeled

$\frac{1}{2}$  teaspoon caraway seeds, lightly crushed

2 teaspoons olive oil

$\frac{3}{4}$  teaspoon ground cumin

$\frac{1}{2}$  teaspoon coriander

$\frac{1}{2}$  teaspoon cayenne pepper

¼ teaspoon salt

**1** Preheat the broiler. Roast the peppers. When they are cool enough to handle, peel them.

**2** Meanwhile, in a small saucepan of boiling water, blanch the garlic for 2 minutes. Drain.

**3** In a food processor, combine the roasted pepper, garlic, caraway seeds, oil, cumin, coriander, cayenne, and salt. Process to a smooth puree. Store the harissa in the refrigerator.

**per tablespoon:** 13 calories, 0.7g total fat (0.1g saturated), 0mg cholesterol, 1g dietary fiber, 2g carbohydrate, 0g protein, 37mg sodium. **good source of:** vitamin C.

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