



Muhammara (Roasted Red Pepper Walnut Dip)

Makes: 3 cups

Prep Time: 10 minutes Cook Time: 30 minutes

Total Time: 40 minutes

- 2 red bell peppers, washed
- 1 cup toasted walnuts
- 2 tbsp pomegranate molasses
- 3 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 large garlic clove, minced
- 1 1/2 tsp cumin
- 3/4 tsp salt
- 1/2 tsp aleppo pepper flakes
- 1/2 cup bread crumbs
- Optional garnish: pomegranate seeds, flat parsley, and pomegranate molasses

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.

Slice the red bell peppers in half lengthwise and remove the core and seeds. Brush the insides and outsides with olive oil, then place cut side down on the baking sheet. Bake for 30 minutes, or until peppers have some char on them and have sweated out most of their moisture. Remove from heat and allow to cool to room temperature.

In a food processor or high speed blender, pulse the roasted red peppers, toasted walnuts, pomegranate molasses, lemon juice, olive oil, garlic, cumin, salt, and aleppo pepper flakes until mixture resembles course sand. You want to leave in some texture here — don't pulse too much or the dip will become too smooth.

Remove from food processor and stir in bread crumbs. Garnish with a drizzle of pomegranate molasses, pomegranate seeds, and a sprig of flat parsley. Serve alongside chopped carrots and cucumbers, crackers, or pita bread!