

Think you hate Bell Peppers? Think again.

Bell peppers are also called sweet peppers. They're the only pepper in the *capiscum* genus (i.e. the pepper group) that doesn't produce *capsaicin*, the chemical that makes peppers such as jalapeños and habaneros spicy. But bell peppers do have a mild bitter flavor, which some people don't love.

Stick with ripe red (or yellow or orange) bell peppers, which are sweeter than the unripe green bell peppers and have more nutrients as well. And try this recipe, which roasts the peppers to increase their sweetness, and then whips them with feta to make an irresistible dip.

- GRAINS
- PROTEIN
- VEGETABLES
- FRUITS
- DAIRY

Whipped Feta and Roasted Red Pepper Dip

ChopChop's beloved friend, chef Ana Sortun, allowed us to adapt the recipe she uses in her Boston-area Middle Eastern restaurants. When you order this Turkish dip, it's easy to assume it's a complicated and time-consuming recipe. Make it yourself and you'll see that it isn't.

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 45 MINUTES ■ MAKES: 2 CUPS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Small baking pan
Pot holders
Tongs
Medium-sized bowl
Medium-sized plate
Food processor (adult needed)
Measuring spoons
Rubber spatula
Serving bowl or lidded container

INGREDIENTS

- 1 red bell pepper, stemmed, halved lengthwise, and seeds and white ribs removed

"Stemmed" means with the stem removed.

- 1/2 pound feta cheese, broken into chunks
- 1/4 teaspoon red pepper flakes (or more if you like it spicy)
- 1/4 teaspoon paprika (any kind is fine)
- 1/2 teaspoon fresh lemon juice
- 2 tablespoons olive oil



INSTRUCTIONS

1. Arrange one of your oven racks so that it is close to the top of the oven, nearest the broiler. Set the broiler to high.
2. Put the pepper halves on the baking sheet, cut side down. Carefully put the sheet on the top oven rack and broil until blackened, about 15 minutes.
3. Using the tongs, put the peppers in the bowl and cover with the plate. Set aside until the peppers are cool enough to handle, 15 to 20 minutes.
4. Peel and rub off as much of the blackened skin from the peppers as you can (this is a very messy but fun job) and throw away the skin. (Note: you now have roasted peppers! These are great in a sandwich.)
5. Put the peppers in the bowl of the food processor fitted with a steel blade and process until finely chopped. Add the remaining ingredients and process until smooth.
6. Using the spatula, scoop the dip into the serving bowl or lidded container. Serve right away, or cover and refrigerate up to 3 days.