



Recipes

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Roasted Red Pepper & Garbanzo Goat Cheese Spread

Serves 1

Ingredients:

.5 cup Roasted Red Peppers
2 cups Chickpeas , cooked
3 Tbsp. Lemon Juice
.5 tsp. Cumin
.33 cup Goat Cheese
.25 cup Olive Oil
2 Tbsp. Fresh Parsley Leaves
2 Tbsp. Fresh Mint Leaves
.5 tsp. Black Pepper

Directions:

1. Place all ingredients together in food processor.
Blend approximately 1-2 minutes until mixture is smooth.
2. Place in storage container.
3. Label, date and refrigerate.