

Cascabel Chile Salsa Dip

Food Network Magazine

5 cloves unpeeled garlic
1 pound plum tomatoes, cored
1 large onion, thickly sliced
5 dried cascabel chiles, stemmed and seeded
1/2 cup water
1 tablespoon cider vinegar
1/2 teaspoon sugar
salt (to taste)
pepper (to taste)

Broil the garlic cloves, plum tomatoes and onion, turning, until charred and softened, about 7 minutes for the garlic and 15 minutes for the tomatoes and onion. Let cool slightly. Peel the garlic.

In a dry skillet over medium heat, toast the cascabel chiles for 3 minutes. Add the water. Bring to a boil.

Puree' the cascabel chiles in a blender with the tomatoes, garlic, onion and sugar. Thin with water, if needed.

Season with salt and pepper.

Per Serving (excluding unknown items): 139 Calories; 2g Fat (8.5% calories from fat); 5g Protein; 32g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 5 1/2 Vegetable; 0 Other Carbohydrates.