

Red-Pepper Sauce

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1 jar (7 oz) roasted red peppers, drained

1/3 cup light sour cream

1/2 teaspoon lemon zest

In a blender, puree the peppers, sour cream and lemon zest.

Per Serving (excluding unknown items): 41 Calories; 2g Fat (30.0% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 20mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.