



Hummus-Stuffed Mini Bells

INGREDIENTS

½ cup hummus
1 tablespoon chopped Kalamata olives
8 mini bell peppers, cored

PREPARATION

Combine hummus and olives.

Stuff each pepper with about 1 tablespoon of the hummus.

SERVES 4

ACTIVE TIME 10M

TOTAL TIME 10M

NUTRITION FACTS

Calories	74
Total Fat	4g
Saturated Fat	0g
Monounsaturated Fat	4g
Cholesterol	0mg
Sodium	149mg
Carbohydrates	8g
Dietary Fiber	3g
Total Sugars	2g
Added Sugars	0g
Protein	3g
Potassium	191mg



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