Fire Roasted Sweetpops™ and Bell Pepper Dip

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A smoky, flavorful dip made with roasted Sweetpops™ Tomatoes, bell peppers, and jalapeños, blended with herbs and creamy pepitas. Perfect with rice crackers!

Timing

Prep time	Total time	Skill level
15 minutes	**40 minutes**	**Easy**

What You'll Need

- 1 10oz container Red Sun Farms' Sweetpops™ Tomatoes
- 3 Red Sun Farms Red Bell Peppers
- 3 medium tomatoes
- ¾ cup raw hulled pepitas, soaked in cold water overnight or covered with boiling water for 15 minutes
- 1 jalapeno cored, seeded and halved
- 4 tbsp minced garlic
- 1 tsp sherry vinegar
- 3 tbsp extra virgin olive oil
- Sea salt
- Fresh ground pepper
- ½ cup mixed fresh herbs (parsley, thyme, basil

Directions

1. Soak the pepitas in a large bowl of cold water overnight. If you're pressed for time, these can be placed in boiling water for 15 minutes, however, this process dilutes many of the health benefits of the seeds.
2. Preheat the oven to 450°F and place the oven rack on the top third of the oven.
3. Arrange Sweetpops™ Tomatoes, peppers, garlic, and jalapenos on a large baking sheet lined with parchment paper.

4. Drizzle veggies with olive oil and salt and pepper
5. Roast the vegetables for about 30-35 minutes, until tomatoes are soft and bubbling. Set aside to cool.
6. Place all ingredients into a food processor and blitz until smooth. Taste and add more salt if needed. If too thick, slowly add olive oil and a splash of sherry vinegar and blend again.
7. Flavours will develop overnight in the fridge, but you can serve the dip immediately.
8. Serve with your favorite rice crackers
9. The dip will keep well in the refrigerator for up to 5 days.