# Roasted Red Pepper White Bean Dip with Seeded Crackers

About 3 cups dip and one cracker sheet; divide both into 4 equal portions | Active 25 min | Cook 25 min | Total 60 min

## Ingredients

- 1 cup whole-wheat flour (120 g)
- 1/4 cup hulled pumpkin seeds (30 g)
- 1/4 cup hulled sunflower seeds (30 g)
- 1 1/2 tablespoons sesame seeds (15 g)
- 4 1/2 teaspoons olive oil (22.5 ml/20 g), divided
- 1/3 cup water (80 ml/80 g)
- 1/2 teaspoon fine salt (3 g), divided
- 2 cans cannellini beans, drained and rinsed (about 17 oz/480 g drained total)
- 1 1/3 cups jarred roasted red peppers, drained (200 g)
- 2 tablespoons fresh lemon juice (30 ml/30 g)
- 1 small garlic clove, peeled (3 g)
- 1/2 teaspoon ground cumin (1 g)
- 1/4 teaspoon ground black pepper (0.5 g)

## Set out

Food processor, Rolling pin, Baking parchment, Large baking sheet, Kitchen scale, Pastry wheel or knife, Cooling rack

## Allergens

Wheat, Sesame. Check labels and substitutions.

## Make it

**1.** Heat the oven to 350°F/175°C. Mix flour, pumpkin seeds, sunflower seeds, sesame and half the salt in a bowl. Stir in 2 teaspoons/9 g of the oil and the water to make a firm, cohesive dough; knead briefly by hand.

**2.** Roll between two parchment sheets into an even sheet about 1/8 inch/3 mm thick and roughly 10 by 12 inches/25 by 30 cm. Remove the top paper and slide the lower paper and dough onto the baking sheet. Score into about 24 pieces without separating them.

**3.** Bake 20–25 minutes, rotating the sheet halfway, until the surface is dry and the edges are golden. Move thinner pieces that finish early to a rack and let any paler center pieces bake a few minutes longer. Cool for 10 minutes, then break on the score lines.

**4.** While the crackers bake, process beans, peppers, lemon juice, garlic, cumin, black pepper, the remaining 11 g oil and remaining salt until smooth, scraping the bowl twice.

**5.** Divide all the dip into 4 equal portions and all the crackers into 4 equal piles. Serve a portion of each together; a cracker count alone may be misleading when the pieces are irregular.

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## Estimated nutrition per serving

Calories: 410 kcal | Protein: 17.8 g | Carbohydrate: 54.5 g | Fat: 15.7 g | Fiber: 11.2 g. One of 4 servings. Batch yield: About 3 cups dip and one cracker sheet; divide both into 4 equal portions. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

## A different kind of prepared portion

This makes a useful change from another sweet snack between commitments. The recipe includes the whole cracker batch, so its serving estimate already counts the flour, seeds and oil; extra crackers or toppings change that total.

## A useful detail

Both 15 oz/425 g cans should supply about 480 g drained beans together. Weigh after draining; keep any extra beans for another use rather than silently adding them to this batch.

## Another way

Replace the pumpkin seeds with the same weight of sunflower seeds for a two-seed cracker.

Blend 1 teaspoon/2 g smoked paprika into the dip for a deeper roasted note; the base recipe contains no paprika.

## Keep it well

Keep the dip covered at 40°F/4°C or below for up to 3 days. Cool crackers completely before sealing in a dry airtight container for up to 3 days; keep separate from dip. Transport dip chilled. Freeze dip for up to 1 month, thaw refrigerated and stir before serving.