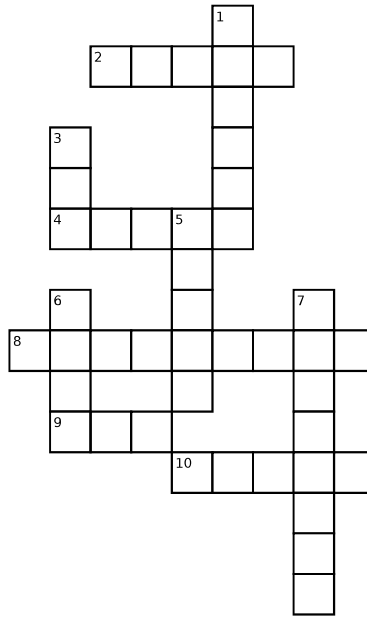


Red Pepper Hummus Crossword



Down:

1. considered both a vegetable and a protein food
3. hummus is considered one because of how you eat it with veggies or whole grains
5. type of flavor a pepper gets when charred over an open flame
6. when a pepper is placed directly over a flame
7. type of bean used to make hummus

Across:

2. don't rinse peppers with this in order to maintain the smoky flavor of the pepper
4. the name for the dried seed of a legume
8. another name for garbanzo beans
9. this color bell pepper is one of the sweetest
10. when placed in a container charred peppers produce heat and this to loosen the skin from the pepper