# Muhammara, Red Peppper and Walnut Spread

*From a cooking class with Tarla Fallgatter, Feb. 2011*



*A sweet dip that is a great addition to a mezze platter with cheese, olives and artichoke hearts.*

1/2 cup walnuts, toasted

1 whole red bell pepper, roasted, seeded, coarsely chopped

1/3 cup red onion, coarsely chopped

1 1/2 tablespoons fresh lemon juice

1/4 cup panko, or regular, plain bread crumbs

2 tablespoons pomegranate molasses

1 1/2 teaspoons ground cumin

1 teaspoon salt

1/2 teaspoon cayenne, optional

1/4 cup olive oil

3 whole pita bread rounds, 6-inch size, each cut into 8 wedges

8 ounces feta cheese

1/3 cup kalamata olives

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

**Servings: 6**

*Muhammara is a Syrian or Turkish specialty, and there are ample variations. What makes this (and most) unique is the pomegranate molasses. You may have to seek out a Middle Eastern market to find it. This makes enough for each person to have 4 pita wedges with some of the spread on top.*

1. Preheat oven to 350°. Arrange pita wedges on a baking sheet and bake for about 7 minutes.
2. Finely chop walnuts and bread crumbs in a food processor. Add the red bell pepper, onion and lemon juice and pulse until finely chopped. Add the molasses, cumin, salt and cayenne and pulse once to blend. Gradually add the oil, blending until the mixtutr resembles a coarse puree. Transfer to a serving bowl (use one just large enough to hold the spread).
3. On a platter arrange feta cheese, olives and spread. Surround with pita wedges and serve.

Per Serving (excluding unknown items): 382 Calories; 27g Fat (62.6% calories from fat); 11g Protein; 25g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 1156mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.