

Roasted Red Pepper Dip

Yield: 8 servings

Ingredients

- 4 red bell peppers, cut into quarters with seeds and stem discarded
- 1 large onion, peeled and cut into chunks
- 2 cloves garlic, peeled
- 2 tablespoons olive oil
- 1½ teaspoons red wine vinegar
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

1. Heat oven to 425 degrees.
2. Line a baking tray with parchment paper and set aside.
3. In a large bowl, stir together all the ingredients.
4. Pour contents of large bowl onto the baking tray.
5. Bake for 45 to 50 minutes, tossing halfway through, until the tops of the peppers are starting to brown.
6. Remove from oven and set aside to cool slightly.
7. Place all ingredients, including the oil from the pan, into a food processor. Blend until totally smooth.

Nutrition Information

Serving Size: ⅓ of recipe

Calories: 63
Total Fat: 3.6 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 2.5 g
Polyunsaturated Fat: 0.4 g
Sodium: 146 mg
Total Carbohydrate: 7 g
Dietary Fiber: 1.7 g
Sugars: 4.6 g
Protein: 1 g

Source: Overtime Cook. Miriam Pascal.



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