

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Red Bell Pepper Vinaigrette

Makes about 1½ cups

3 tablespoons roasted red bell pepper puree
(see separate recipe)

2 tablespoons white balsamic vinegar

A pinch of salt

½ cup olive oil

Directions

Blend the red bell pepper puree, vinegar and salt together in a bowl. Slowly whisk in olive oil. Add more vinegar or salt, if needed.

Use red bell pepper vinaigrette as a dressing for potatoes, vegetables, or as a light sauce for chicken or fish.



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmchealthconnect.org**

NUTRITION INFORMATION PER 2 TABLESPOON SERVING:

Calories	108
Total fat	12 g
Saturated fat	2 g
Carbohydrate	1 g
Fiber	0 g
Protein	0 g
Potassium	13 mg

Cost per 2 tablespoon serving:
\$.42