

Your Healthy Kitchen



**YAVAPAI REGIONAL
MEDICAL CENTER**
Proudly Caring for Western Navapai County

Roasted Red Bell Pepper Puree

Makes about 1 ½ cups

6 red bell peppers
1 tablespoon olive oil

Directions

Preheat oven to 400° F. Cut stems off of peppers. Place peppers upright in a glass baking dish and fill dish with about ½” of water. Bake for 30 minutes, or until the tops of the peppers are slightly blistered and charred. At this point, remove the dish from the oven. With tongs, turn the peppers over and place back in oven. Roast another 20 minutes, or until the bottoms of the peppers are also charred. Remove from the oven and cover the dish with foil.

Let the peppers steam several minutes. When cool enough to handle, peel off most of the skin and remove the stems and seeds. Place roasted peppers in a food processor with olive oil. Blend until smooth. This sauce thickens as it cools and can be refrigerated for about one week.

Use red bell pepper puree as a sauce for fish, chicken, potatoes or vegetables or as a spread on bread or crackers.

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



NUTRITION INFORMATION PER ¼ CUP SERVING:

Calories	70
Total fat	3 g
Saturated fat	0
Carbohydrate	10 g
Fiber	3 g
Protein	2 g
Potassium	346 mg

Cost per ¼ cup serving: \$1.75

Also a great source of folate,
beta-carotene and lycopene