

Roasted Red Peppers

Nutritional benefits

Bell peppers are a rich in fiber, as well as many nutrients such as vitamin C, vitamin A, potassium, magnesium, zinc, and vitamin E

Ingredients:

Red Bell Peppers- 3-4ea.
Olive Oil- 1-2 tsp

How to prepare

Rinse well with cold water.

Repeat again with clean water if necessary. Cut tips off of ends before eating.

Instructions

1. Lightly coat the peppers in the oil.
2. Arrange the peppers on the grill and char them evening on all sides, rotating as necessary.
3. Place the hot peppers in a large bowl and cover tightly with plastic wrap.
4. Allow the peppers to steam for about 30 minutes.
5. Peel the peppers, removing all the charred skins and discarding all the seeds and stems.
6. Cool, cover, and refrigerate to enjoy as part of a healthy snack or meal.

