

## ROASTED RED PEPPER SAUCE

### INGREDIENTS:

4 each	Red Bell Peppers
2 tbsps	Garlic, peeled cloves
1 tbsp	Olive Oil
½ tsp	Salt
¼ tsp	Ground Black Pepper

### METHOD:

- Preheat grill.
- Roast bell peppers on grill. Rotate as each side chars.
- Remove from grill, place in a bowl and cover with plastic wrap, allowing the peppers to steam.
- Once the peppers are cooled remove charred skin and separate bell pepper flesh from seeds. Repeat on all bell peppers.
- Place bell peppers and remaining ingredients into a blender, blend until smooth.

**Serves:** 16

**Serving Size:** 1 ounce

**Calories:** 20

**Fat:** 1 gram

**Sodium:** 30 milligrams

**Fiber:** 1 gram

**Carbohydrate:** 2 grams

**Protein:** 0 grams



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