



Roasted Red Pepper & Balsamic

A Sweet Red Pepper Sauce with a touch of Balsamic Vinegar & Basil

This sweet and savory dip is a nice change of pace from dairy based spreads. The natural sweetness of the red peppers, along with the tiny bits of burnt char, savoriness of the roasted red onion and the sharpness of the garlic, make this a versatile condiment. Use it as a spread in sandwiches, or as a dip for your favorite veggies or appetizers.

Ingredients:

- 4 large red bell peppers, sliced into large pieces, seeds removed. (around 2 lbs)
- 1 medium red onion, sliced into 2 halves
- 3 medium garlic cloves
- 1 tsp dried basil (or 1 Tbsp fresh, finely chopped)
- 1 Tbsp + 2 tsp balsamic vinegar
- 1 Tbsp water
- 2 tsp paprika
- 2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup plain fat free Greek yogurt
- 1/8 to 1/4 tsp red pepper flakes, to taste

Serving Info.:

Yields: 2 cups
 Serving Size: 1/4 cup
 Servings: 8



Range

0-1

- last checked 12/05/21 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Directions:

- 1 Place one of your oven racks to the 2nd position from the top. Turn on your Broiler.
- 2 Line a large baking pan with aluminum foil, coat with olive oil cooking spray.
- 3 Place the sliced red onion and peppers on the pan. Place both of the garlic cloves under a chunk of bell pepper, covering them like a red vegetarian blanket.
- 4 Coat the vegetables with cooking spray. Broil for 8 minutes, then rotate the pan. Cook for an additional 5-8 minutes or until the peppers are charred. Remove from the oven.
- 5 Place ALL of the ingredients into a food processor, and run on high speed, until the puree is broken down and smooth. Thin with additional water if desired.
- 6 Season with additional salt, pepper, or red pepper flakes, to taste.

Note:

- If you'd prefer to not use your oven's broiler, you can roast the vegetables at 425 degrees for 35-45 minutes, until charred. You can also grill the onions, peppers, and wrap the garlic in a few layers of foil, with some olive oil cooking spray. Place them on the grill also.
- If you're on the Green plan, you can lower this recipe by 1 ingredient point... by only using 3-1/2 Tbsp Greek yogurt, and adding an extra 1/2 Tbsp water.
- I keep the skin on the peppers, because I like the little flecks of black and the smokiness.

