

Roasted Red Pepper Sauce

Use this sauce to add health promoting vegetables into your meals. Try tossing it with pasta, as a dip for raw vegetables or whole grain chips, or serve with fish, seafood or chicken to add flavor and nutrients without excess calories and fat.



Yield: 10 servings

- 1 small sweet onion peeled and cut into 6-8 wedges
- 1 clove garlic, quartered
- 1 tsp extra virgin olive oil
- 1 cup of roasted red peppers, drained or 1 large roasted red pepper, peeled & de-seeded
- 1 Tbsp. tomato paste
- 1 cup low sodium vegetable or chicken broth
- 1 tsp balsamic vinegar
- Dash salt
- Dash crushed red pepper (optional)
- ½ tsp dried or 1 tsp fresh oregano (optional)
- 1 tsp dried or 2 tsp fresh basil or parsley (optional)

Directions

1. Place onion, garlic and olive oil in a microwave safe container. Microwave on high for 2-3 minutes until the onion is very soft. Stir once during cooking.
2. In a blender or food processor, combine the cooked onion and garlic with peppers, tomato paste, broth, and vinegar. Blend mixture until smooth.
3. Place mixture in shallow pan over medium heat. Bring to a simmer and cook for about 2 minutes. Adjust seasoning with crushed red pepper, salt and oregano if desired.
4. Remove from heat.
5. Just before serving stir in basil or parsley.
6. Cool completely and store, tightly covered, in the refrigerator.

Not sure how to roast a pepper? [Click here](#) to view a short video to learn how

Nutritional Information: (per serving)

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| Calories: 14 | Fat: <1 g |
| Saturated Fat: < 1 g | Protein: <1 g |
| Carbohydrates: 2 g | Fiber: <1 |