



Roasted Red Pepper Romesco

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~ $\frac{1}{3}$ cup

Ingredients

- 1 large red bell pepper, stem and seeds removed, quartered
- 2 medium Roma tomatoes, halved lengthwise
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{3}$ cup sliced almonds, toasted
- 2 tablespoons red wine vinegar or sherry vinegar
- 1 tablespoon packed fresh parsley leaves
- 2 garlic cloves, peeled and left whole
- 1 teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon cayenne (optional)

Directions

1. Move an oven rack to be about 10 inches from the broiler. Preheat the oven broiler to high.
2. Place the bell pepper and tomatoes on a baking sheet, skin-side-up. Place under the broiler until the skins are blistered and slightly blackened, about 10-15 minutes. Keep a close watch and rotate halfway through for even cooking.
3. Remove from the oven. Transfer the bell pepper and tomatoes to a heatproof bowl. Cover the bowl with plastic wrap and set aside for 10-15 minutes.
4. Remove the skins from the bell pepper and tomatoes.
5. Add the bell pepper, tomatoes, oil, almonds, vinegar, parsley, garlic, paprika, salt, black pepper, and cayenne (if using) to a food processor or blender.
6. Blend until smooth, about 2-3 minutes, scraping down the sides as needed.
7. Serve right away, or store in an airtight container in the refrigerator for up to 7 days. Freeze for up to 3 months.

Recipe Notes

- Serve on top of fish, chicken, or roasted vegetables, or use as a dipping sauce for bread.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 12 g | Saturated Fat: 2.5 g
Sodium: 195 mg | Total Carbohydrate: 4 g | Dietary Fiber: 2 g | Protein: 3.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs