



# 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 gloves, 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](http://www.nutrition.va.gov)



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