

Roasted Red Pepper Sauce

Serving size: 4 (1/4 cup)



TOTAL TIME



DIFFICULTY



VEGETARIAN



DAIRY-FREE



GLUTEN-FREE

Preparation

1. Drain roasted red peppers. Add all ingredients to a mini food processor or blender and puree.
2. Serve at room temperature or slightly heated over stuffed peppers, baked fish, grilled chicken, spaghetti squash, or polenta.

Nutrition Facts Per Serving

Calories	59
Fat	4g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	6g
Fiber	0g
Protein	0g

Ingredients

- 1 12 ounce jar of roasted red peppers
- 1 tablespoon olive oil
- 1 garlic clove
- Dash red pepper flakes

