



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.

RED PEPPER ROMESCO

INGREDIENTS

- 3 red bell peppers
- 3 tbsp parmesan cheese
- 3 tbsp shaved almonds
- 1/2 tsp kosher salt

METHOD

- 1 Blacken the peppers over an open flame until they are charred all over. Immediately put them into a bowl, and cover tightly with plastic wrap.
- 2 After 10-15 minutes remove the bell peppers from the bowl, and peel off the burnt skins, removing the stem and seeds. Place the peppers in a food processor with the cheese, almonds, and salt. Process until the mixture is chunky but even. Makes about 1 1/4 cups.

*Serving Size 30g (2 tbsp)

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NUTRITION FACTS: Calories 20 Total Fat 1g Sodium 70mg Fiber 1g Protein 1g