

Oven Roasted Peppers



Discover how to elevate your meals with a colorful and flavorful side dish. Our Roasted Peppers recipe brings out the natural flavors of the peppers. Choose your favorite colors for a personalized touch!

Preparation 5 min
Cooking 30 min
Servings 5
Nutrition Facts (per serving)
Calories 35
Fat 0
Carbohydrates 7
Fibre 2
Protein 1
Sodium 5

Ingredients

- 5 medium-sized whole red, yellow or orange peppers

Preparation

th parchment paper or a silicone mat.

2. Wash peppers with plenty of water and place on a baking sheet.
3. Bake for 30 minutes, turning peppers regularly during baking to ensure even cooking.
4. Remove peppers from the oven and immediately place in an airtight container. After about 20 minutes, the skin, seeds and stems will come off easily with your fingers.
5. Serve immediately as a side dish or reserve for later.

Notes

Roasted peppers can be stored in the refrigerator for up to 3 months. Simply place them in a jar and cover with vegetable oil.



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