

ROASTED RED PEPPER SALSA

A key to maintaining a healthy eating lifestyle is incorporating a variety of foods and flavors into your meal planning. There are a hundred ways to prepare an everyday piece of chicken that can transform what would normally be a boring meal into something special and flavorful. Red Pepper Salsa is an incredible flavor booster that can be used on chicken, fish, beef or even vegetables. You can buy roasted peppers already roasted in a jar (without sugar) or roast them at home. They are so easy to make. Balsamic vinegar adds great flavor to this recipe. Purchase one without added sugars (and never "sugar free," meaning artificial sweeteners). Most will have a natural fruit sugar as part of the ingredients, which is fine in the small quantity used. This recipe makes approximately 2 cups. One half cup would cover 1/2 a cup of raw vegetables and 1/2 a serving of fat.



INGREDIENTS

- 3 roasted red bell peppers (see below)
- 3 tomatoes, halved with seeds removed
- 2 green onions, trimmed and roughly chopped
- 1/4 cup fresh basil
- 1 garlic clove
- 1 Tbsp Balsamic vinegar
- 2 Tbsp Extra Virgin Olive Oil
- Pink Himalayan salt & freshly ground pepper, to taste

INSTRUCTIONS

Add all the ingredients (except for olive oil) into a food processor* and pulse until the mixture is chopped very coarsely. Scrape down the sides of the processor, replace the lid, then with the motor running, stream in the olive oil. Enjoy!

OPTIONS*

If you don't have a food processor, chop the ingredients to a small dice (mincing the garlic), and mix in the oil after mixing all together. You can make the salsa as chunky as you like.

ROASTED RED BELL PEPPERS

You can either purchase your peppers already roasted in jars (brands like Mezzetta or Delallo are commonly found in stores and are without unnecessary added ingredients). Or, you can roast your own very easily by following this recipe:

Preheat oven to 500°F. Place the whole peppers on a baking sheet (on parchment paper) for 30-40 minutes or until the skins are completely wrinkled and charred, turning them twice during roasting.

Remove pan from the oven and immediately cover tightly with aluminum foil (this will allow the skin to peel off easily). Set aside for 30 minutes or until cool enough to handle.

Cut each pepper into quarters. Remove the stem, seeds and skin, and they are ready to be used. You can also pour oil over the peppers, cover them and refrigerate for up to 2 weeks.