

Spicy Roasted Peppers

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Yield: 3 cups

6 bell peppers, halved and seeded

6 cloves garlic, smashed

3 tablespoons olive oil

3 sprigs oregano

1/4 teaspoon red pepper flakes

1/4 teaspoon Kosher salt

Preheat the oven to 425 degrees.

Halve and seed the bell peppers (assorted colors). Toss with the garlic cloves, olive oil, oregano, red pepper flakes and Kosher salt. Place on a baking sheet.

Roast until charred, 35 minutes.

Let cool; then peel.

Slice and layer in jar. Cover with olive oil.

(Refrigerate up to two weeks.)

Per Serving (excluding unknown items): 619 Calories; 43g Fat (58.4% calories from fat); 9g Protein; 61g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 489mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Vegetable; 8 1/2 Fat.