

# 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

