

Roasted Bell Peppers



This is a very simple and easy recipe of oven roast peppers to have always handy in the refrigerator. These oven roast peppers can be kept in your refrigerator for up to 2 weeks and used on top of green salad or as a side dish. It is not only colorful but very tasty.



Ingredients:

2~3 lb of mini bell peppers, yellow, red and orange

10~15 garlic cloves (you can cut on the amount if you are not a garlic fan)

1~2 tablespoon olive oil

1 teaspoon dry oregano

1 teaspoon dry parsley

1 teaspoon dry basil

Salt and pepper to taste



Method:

Remove the seeds and the stem from the peppers, peel the garlic and slice.

In a big bowl mix all the ingredients together by gently tossing the peppers.

Place the peppers in an oven safe dish for 20~25 minutes at 350F.

Let is cool and serve.

On my salad, I just add a little balsamic vinegar since the peppers already have olive oil, salt and pepper, it makes a good salad look even better.



Did you know that red peppers contain more vitamin C, lycopene and carotene than green peppers? Did you know that paprika, a spice used in many culinary dishes is made from grinding dry bell peppers.

Thank you for stopping by Simple Recipes and have a great week!