

Roasted Peppers

- Colored Peppers
- Olive Oil
- Salt

Preheat oven to 400. Remove the core and seeds from the peppers and cut in half. Coat with oil and sprinkle with salt. Roast until

Cheesy Stuffed Pepper Casserole

- 2 cups cooked rice
- 1 lb ground beef
- 1 tablespoon olive oil
- 2 large green peppers, diced
- 1/2 cup frozen diced onion
- 29 oz can diced tomatoes, drained
- 3 (14 oz) cans tomato sauce
- 2 (14 oz) cans corn, drained
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 2 cups shredded cheddar cheese

Brown ground beef in a large stock pot, drain, remove from pan and set aside. Heat oil in stock pot on medium high heat and add green peppers and onion. Sauté 5-10 minutes or until softened, stirring occasionally. To stock pot, add tomatoes, sauce, corn, garlic powder, salt, and pepper. Bring to a boil, then reduce heat and simmer 5 minutes. Stir in rice and ground beef. Pour into a 9x13 baking dish. Top with shredded cheese. Bake at 350 for 12-15 minutes or until cheese is melted.

Lemon Ricotta Pasta with Peppers and Spinach

- 12 oz. fettuccine
- 2/3 cup skim ricotta cheese
- 1 teaspoon grated lemon rind
- 4 garlic cloves, minced
- 2 tbsp. fresh lemon juice
- 3 cups fresh baby spinach
- 1 1/2 cups diced red bell pepper
- salt and crushed black pepper
- 1 tbsp. olive oil
- 1/4 tsp crushed red pepper

Cook pasta according to package directions. Drain, reserving 3/4 cup pasta water.

While pasta is cooking, thoroughly combine ricotta, lemon juice and rind, 1/4 teaspoon salt, black pepper and crushed red pepper, adjust according to your taste level.

Heat oil in a large skillet over medium-high heat. Add bell pepper and garlic, sauté for 3 minutes.

Add pasta, spinach, ricotta mixture and pasta water to skillet; cook about 1 minute or until spinach wilts. Top with extra salt, black pepper and crushed red pepper if desired.

Roasted Sweet Peppers Salsa

15 (about 350 grams) Mini Sweet Peppers, halved and seeded
2 Roma Tomatoes, halved and seeded
4 cloves Garlic, whole and peeled
½ Yellow or White Onion, roughly chopped
1 Tbsp Vegetable Oil
2 Serrano Chilies, seeded and chopped
A handful of Cilantro, chopped
1 Lime, juiced
Sea Salt to taste
Freshly Ground Pepper
2 to 3 Tbsp Extra-Virgin Olive Oil

Heat the broiler. Combine the peppers, tomatoes, garlic, onions, and vegetable oil in a large baking pan. Sprinkle some sea salt and place the vegetables under the broiler, about 8 to 10 minutes, or until the vegetables are slightly charred. Remove from the oven and let cool.

Place the roasted vegetables, chilies, and cilantro in a food processor. Give it a few pulses until the texture is slightly smooth. Pour the mixture into a bowl and season with lime juice, salt, pepper, and stir in the olive oil.

Roasted Pepper & Feta Salad

4 bell peppers – red, yellow, and/or orange
¼ cup olive oil
½ small red onion, diced (about ½ cup)
Handful fresh parsley, chopped (about ¼ cup chopped)
4 ounces crumbled feta cheese (about ¾ cup)
1 teaspoon lemon zest

Preheat oven to 375 degrees.

Wash peppers and lay them in a baking dish. Pour the olive oil over the peppers and bake for about 35 minutes, until wilted and beginning to turn brown. Remove peppers from oven and cover with foil or a towel. Allow to cool for at least 30 minutes. Carefully remove as much peel as you can from the peppers; discard. Some peel may be stubborn and remain – that's ok.

Remove the centers and seeds also.

Cut peppers into 1-inch pieces and add to a large bowl. Add parsley, feta, lemon zest, and the oil that the peppers cooked in. Toss and serve.

Keeps refrigerated for about two days. I think the salad tastes best served closer to room temperature.

Roasted Red Pepper Hummus

1 can of chickpeas/garbanzo beans (15 oz)
1/3 cup tahini
1/4 cup lemon juice
2 tablespoons olive oil
2 garlic cloves, crushed
1/2 cup -3/4 cup roasted red peppers (depending on taste)

-In a food processor, combine beans, tahini, lemon juice and olive. Process until smooth. Add red peppers and garlic until desired consistency.
-Garnish with parsley. Serve warm with hot pita bread or toasted pita chips.