

# Roasted Bell Peppers



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**Serves:** 4

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 4 medium bell peppers
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes



## DIRECTIONS

1. Preheat oven to 450°F. Line a rimmed baking sheet with parchment paper.
2. Cut the bell peppers into quarters, then seed and trim them.
3. Place the bell peppers on the prepared baking sheet. Drizzle with the olive oil and use your hands to coat them well.
4. Sprinkle the bell peppers with salt, pepper, garlic powder, oregano and red pepper flakes.
5. Roast until tender and charred in spots, about 20 minutes. Serve the roasted bell peppers immediately.

### Nutrition Information

*Serving Size: 1 pepper*

<b>Calories</b>	92
<b>Total fat</b>	<b>7 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>142 mg</b>
<b>Carbohydrates</b>	<b>7 g</b>
Fiber	2 g
Sugar	4 g
<b>Protein</b>	<b>1.1 g</b>

Recipe source:  
[healthyrecipeblogs.com](http://healthyrecipeblogs.com)