

Recipe Name **Roasted Red Peppers and Onions**

Ingredients:

- 2-3 red bell peppers
- 1 large yellow onion
- Avocado oil
- Kosher salt

## Directions

1. Preheat oven to 400 degrees
2. Remove seeds and ribs from the peppers and cut into 1" thick slices, move to sheet pan
3. Remove both root and stalk end of onion. Slice into 1" thick slices and separate layers into individual slices before moving to sheet pan with peppers.
4. Drizzle peppers and onions with avocado oil. Sprinkle with kosher salt and toss to coat the vegetables evenly with salt and oil.
5. Spread vegetables out evenly in pan so that they are not overlapping.
6. Roast for about 30 minutes, tossing once during cooking, until vegetables are soft and caramelized.

**Nutrition Facts**

Servings: 4

Amount per serving

**Calories** **39**

% Daily Value\*

<b>Total Fat</b> 0.6g	1%
Saturated Fat 0.1g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrate</b> 8.2g	3%
Dietary Fiber 1.8g	6%
Total Sugars 4.6g	
<b>Protein</b> 1.1g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 0mg	2%
Potassium 178mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

 Recipe analyzed by **verywell**