



Italian Style Roasted Red Peppers

Ingredients

2-4 Red orange or yellow peppers

Olive oil

oregano

balsamic vinegar

Instructions

- Preheat oven to 240 degrees.
- Place washed peppers whole on the oven tray.
- Place in the oven and bake for 30 minutes or until blistered and blackend. Turn them about half way.
- Once done, place them in a big glass bowl and cover with plastic wrap to steam and loosen the skin as they cool.
- When cooled, carefully peel off the skins and scrape out all the seeds and remove the stalk.
- Slice the peppers and either cook with them (Roasted Red Pepper, Chickpea and Chicken Coconut stew) or marinate them.
- Marinate in olive, garlic, oregano and balsamic vinegar, store in the fridge.

Bell peppers are packed with Vitamin C, A and antioxidants. They belong to the nightshade family and for certain individuals can be an inflammatory food. They can trigger inflammatory responses or joint pain. By peeling and deseeding them, you can often improve their digestability. One will only know by testing the theory and seeing how their body reacts to them.