



March 30- Red Pepper Triangles with Italian Relish

Smart Snack

Link: <http://www.wholeliving.com/130607/red-pepper-triangles-italian-relish?czone=e¢er=136761&gallery=136443&slide=130607>

Recipe

Ingredients:

- 5 red bell peppers
- 2 Tablespoons olive oil
- 2 ounces thinly sliced prosciutto, cut into thin strips
- ½ cup chopped fresh parsley
- ¼ cup chopped, pitted Kalamata olives
- ½ teaspoon grated lemon zest plus
- 1 tablespoon juice
- ¼ teaspoon red pepper flakes

Directions:

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment. Cut tops and bottoms from peppers, then half lengthwise. Cut peppers into rectangular planks, each about 3 inches long and 2 inches wide, then cut diagonally into 24 triangles.
2. On prepared sheet, toss bell pepper with 1 tablespoon oil; season with salt and pepper. Arrange skin-side down in a single layer and bake until just tender, 15 to 20 minutes; set aside to cool.
3. Meanwhile, in a small bowl, combine prosciutto, parsley, olives, remaining tablespoon oil, lemon zest and juice, and red-pepper flakes. Top each pepper triangle with relish.

Yield 24 servings

Nutrition Facts

Serving Size 1 triangle (31.64g)
Servings Per Container 24

Amount Per Serving

Calories 25 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 75mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber <1g **2%**

Sugars 1g

Protein <1g **2%**

Vitamin A 20% • Vitamin C 60%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.