



Garlic Roasted Bell Peppers

Ingredients:

- 4 bell peppers, any color, cut into strips
- 1 tsp olive oil
- 4 garlic cloves, minced
- ½ tsp dried thyme

Directions:

1. Place the peppers into the air fryer basket at 350° F and drizzle with olive oil.
2. Toss gently. Roast for 15 minutes.
3. Sprinkle with garlic and thyme. Roast for 3 to 5 minutes more, or until tender.
4. Serve immediately.

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, 1 tsp healthy fat.

Tip: You can peel the bell peppers after they are cooked if you like. To do that, put the hot peppers into a food-safe paper bag, close it, and steam for 2 to 4 minutes. The skins peel right off.

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