

## **ROASTED RED PEPPERS AND ONIONS**

NL#13 8/23/02

2 Tbsp basil, rosemary and oregano  
1/4 c olive oil  
2 Red Bell Peppers (capsicums) skinned  
1 medium onion  
2 Tbsp capers

1. Preheat oven to 200C, 400C
2. Combine 2 Tbsp basil, rosemary and oregano (preferably fresh!) with 1/4 cup olive oil
3. Cut peppers in half, and clean
4. Cut onion in half then cut each half in wedges (should be just one here)
5. Brush peppers and onions with herb and oil mix.
6. Lay pepper halves skin side DOWN in a baking dish
7. Place wedge of onion on each piece
8. Scatter capers over top (2 Tbsp)
9. Bake for 20 min. until peppers begin to blacken and blister  
Serve hot OR warm.