



# 60 Days to Reclaim YOUR Health

## ROASTED PEPPER VINAIGRETTE

Inspired by *Omega 3 Cuisine, Recipes for Health and Pleasure* by Alan Roettinger with Udo Erasmus

Makes 2-1/4 cups

Lasts 2 weeks in an airtight container in the refrigerator.

### Ingredients

2 red bell peppers roasted (see directions below on how to roast)

2 cloves garlic

1/2 tsp unrefined sea salt

1/4 tsp cayenne

1/4 tsp freshly ground pepper

1/2 cup apple cider vinegar

1 cup Udo's oil

### Directions

1. Preheat the broiler on the highest setting.
2. Cut peppers into quarters removing the stems and seeds.
3. Lay on a cookie sheet with skins facing up. Broil them until the tops turn black.
4. Take out of the oven and put in a covered container to steam in their own heat for 15 minutes.
5. Peel skins away with fingers making sure all blackened areas are removed.
6. Process the peppers, garlic, salt, cayenne and black pepper in a blender.
7. Add the vinegar and blend well.
8. With the blender running, slowly add oil. Add more seasonings to taste.