

The Wellness Kitchen

Recipes from the UC Berkeley School of Public Health



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Grilled Pepper & Tomato Salsa



If you don't have a grill, you can broil the peppers and tomatoes. The timing should be approximately the same, depending on how close you can get your broiler pan to the heat.

Makes 4 cups

2 yellow bell peppers, halved lengthwise and seeded

2 jalapeño peppers, halved lengthwise and seeded

2 pounds plum tomatoes

1 small red onion, finely chopped

1/3 cup chopped fresh mint

3 tablespoons red wine vinegar

1 teaspoon olive oil

1/2 teaspoon oregano

1/2 teaspoon salt

1 Spray a grill topper with nonstick cooking spray. Preheat the grill to medium. Grill the bell peppers and the jalapeños on the grill topper, cut-sides up, covered, for 10 minutes, or until the skin is charred. Remove from the grill and set aside. When cool enough to handle, peel and coarsely chop.

2 Place the tomatoes on the grill topper. Grill, covered, until they char and soften, about 7 minutes; turn them once or twice as they grill. Remove from the grill and set aside. Do not peel the tomatoes, but coarsely chop.

3 In a large bowl, combine the chopped bell peppers, jalapeños, and tomatoes (with their skins). Add the red onion, mint, vinegar, oil, oregano, and salt. Serve at room temperature. Store the salsa in the refrigerator.

per ¼ cup: 53 calories, 1.2g total fat (0.2g saturated), 0mg cholesterol, 2g dietary fiber, 11g carbohydrate, 2g protein, 160mg sodium. [good source of:](#) potassium, vitamin B6, vitamin C.

Even Healthier: no salt or salt to taste

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