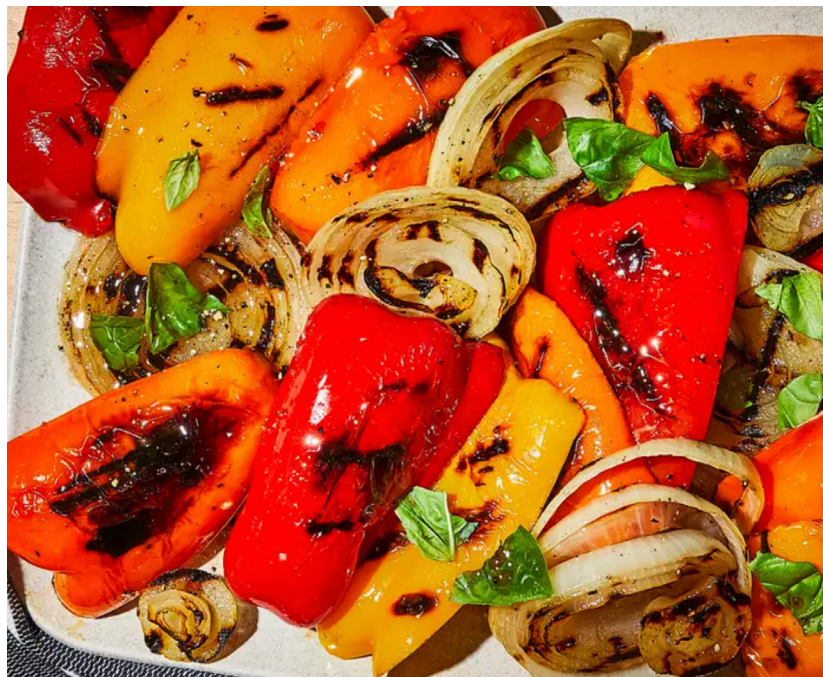


GRILLED PEPPERS & ONIONS

From [eatingwell.com](https://www.eatingwell.com)

Grilled peppers and onions sweeten up and are perfectly tender off the grill. A simple red-wine vinaigrette drizzled over the top helps to brighten up the dish and enhance the flavors.

Servings Size: 6 | Total: 20 mins | Active: 10 mins



Photographer / Jennifer Causey, Food Stylist / Karen Rankin, Prop Stylist / Christine Keely

INGREDIENTS

- 3 multicolored bell peppers, seeded and quartered lengthwise
- 2 medium yellow onions, cut crosswise into 1/2-inch-thick slices
- 2 ½ tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- Canola oil for grill
- 1 ½ tablespoons red-wine vinegar
- Torn fresh basil leaves for garnish

DIRECTIONS

Preheat grill to medium-high (400-450°F). Brush bell peppers and onions with 1 tablespoon olive oil; sprinkle with salt and pepper.

Oil the grill grates by partially soaking a few paper towels in canola oil and using tongs to quickly wipe the grates. Place the vegetables on the oiled grates; grill, covered, until just tender, 4 to 5 minutes per side. Transfer to a serving platter.

Whisk vinegar and remaining 1 ½ tablespoons olive oil in a small bowl. Drizzle over the grilled vegetables. Garnish with basil, if desired.

NUTRITION FACTS

Serving Size: about 2½ cups Per Serving: 87 calories; protein 1g; carbohydrates 7g; dietary fiber 2g; sugars 4g; fat 6g; saturated fat 1g; mono fat 5g; poly fat 1g; vitamin a iu 1865IU; vitamin b3 niacin 1mg; vitamin c 79mg; vitamin e iu 3IU; folate 34mg; vitamin k 3mg; sodium 295mg; calcium 14mg; magnesium 11mg; phosphorus 27mg; potassium 183mg; omega 6 fatty acid 1g; niacin equivalents 1mg.



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