

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

YIELD: 900 ml

# NO-TOMATO ROMESCO SAUCE



## INGREDIENTS

3 cups red bell peppers, diced

1 small hot pepper, seeded and chopped or hot pepper flakes (optional)

1 cup onion, diced

¼ cup olive oil

1 cup canned chickpeas, rinsed and drained

¼ cup almonds, ground or sliced

3 cloves garlic, chopped

3 tablespoons wine vinegar

2 teaspoons smoked paprika

2 teaspoons dried oregano

1 teaspoon ground fennel seeds (optional)

1 teaspoon garlic powder

½ cup water

¼ cup grated Parmesan

Freshly ground black pepper

Fresh basil to taste

## PREPARATION

- 1** In a large high-sided non-stick skillet over medium-high heat, sauté the peppers and onion in the olive oil for about 10 minutes until tender.
- 2** Add the chickpeas, almonds, garlic, vinegar, and spices. Over medium heat, cook another 8 minutes to brown the ingredients, stirring frequently.
- 3** Add the water and Parmesan, scraping to deglaze the bottom of the pan. Add another ¼ cup water if sauce is too thick. Let cool for a few minutes. Season with black pepper.
- 4** Using a blender, purée all the ingredients until smooth. Add more water if needed.
- 5** Serve over pasta or with bread. Try it as a pizza sauce (page 6).

**Note:** To make it a complete meal, add one cup of cooked pasta and one of these protein options per serving. Adjust amount to meet your protein needs.

- 30 g bocconcini cheese (5 g protein)
- 1 cup chickpeas (10 g protein)
- 1/2 cup cooked chicken (20 g protein)

### Nutrient Analysis

Per serving: ¼ of recipe

<b>Calories</b>	<b>302 Kcal</b>
<b>Protein</b>	<b>8 g</b>
<b>Carbohydrates</b>	<b>26 g</b>
Fibre	6 g
Sugars	9 g
<b>Total Fat</b>	<b>20 g</b>
Saturated Fat	3 g
<b>Cholesterol</b>	<b>4 mg</b>
<b>Sodium</b>	<b>175 mg</b>
<b>Potassium</b>	<b>458 mg</b>
<b>Phosphorus</b>	<b>152 mg</b>