

## Low-Point Tuscan Romesco

Ingredients:

- 6 Roma tomatoes, halved
- 1 large red bell pepper, quartered and seeds removed
- 12 cloves of garlic
- 1/3 cup olive oil
- 1 slice of bread (I use breads that are 40 or 50 calories for one slice)
- 1/2 cup whole almonds
- 1/4 cup red wine vinegar
- 1 tsp. smoked paprika
- 1/2 tsp. red pepper flakes (use more or less depending on your likeness)
- 1 tsp. kosher salt
- Cooking spray

Preheat oven or grill to 425 degrees. Spray baking sheet with cooking spray and line with tomato halves, quartered bell peppers, and garlic. Brush with olive oil. Bake or grill for 15 minutes until the veggies start to blacken slightly or the garlic is a deep golden brown. Remove from oven or grill and allow to cool 10 minutes. While vegetables are cooling, toast bread slice and let cool. Scrape vegetables into a food processor or blender. Break the bread into pieces and add to blender along with almonds, paprika, vinegar, red pepper flakes, and salt. Puree until finely ground, then drizzle in the remaining olive oil with the machine running. Season to taste if necessary. ENJOY!

**\*USES: Enjoy on grilled squash or zucchini, use as a topping for eggs or omelets, chicken, or fish. Use any other way you desire (even as a soup if you don't mind using practically all your points for the day.)**

**\*TIP: Feel free to use 1/2 jar (12 oz. jar) of roasted red peppers if you do not have a fresh red bell pepper on hand. No need to bake or grill, just add to blender.**

Total servings - 20, 1/8 cups (2 Tbs)

Serving size - 2 Tbs

Points per serving - 1.3

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Yesterday is not ours to recover, but tomorrow is ours to win or to lose." - Lyndon B. Johnson***