



Roasted Red Pepper Sauce

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Prep/Cook time: 25-30 minutes

Makes: 3 serving

Recipe:

240g Kaslo Sourdough Amaranth Pasta

1 red pepper

1 tablespoon olive oil

½ medium onion, diced

1 cup milk

1 garlic clove, minced

¼ cup parmesan cheese, shredded

1 teaspoon unrefined sea salt

1 teaspoon paprika

3 tablespoons cornstarch

Method:

1. Boil water with salt, add Pasta and cook to desired firmness (5-8 minutes).
2. Brush olive oil all over red pepper and roast each side for 5 minutes or until black under the broil setting of your oven. (Use a toaster oven if you have one to save energy).
3. Let pepper cool, remove the skin and seeds, set aside.
4. Chop onion and garlic, add to a heated sauce pan with 1 tablespoon oil. Cook until translucent.
5. Mix cornstarch, parmesan cheese, sea salt, paprika and pepper with milk then add to onion mixture, heat and let thicken.
6. Add milk mixture, and roasted red pepper to a powerful blender. Pour over pasta, mix.

Serve and Enjoy!