



Garlic Roasted Bell Peppers

Ingredients:

- 4 bell peppers, any color. Stemmed, seeded, membranes removed and cut into fourths
- 1 tsp olive oil
- 4 garlic cloves, minced
- ½ tsp dried thyme

Directions:

1. Place the peppers into the air fryer basket at 350° and drizzle with olive oil. Toss gently. Roast for 15 minutes.
2. Sprinkle with garlic and thyme. Roast for 3 to 5 minutes more, or until tender (see Tip). Serve immediately.

Servings 1

Each serving uses: 2 c select vegetables, 1 tsp healthy fat.

Tip: You can peel the bell peppers after they are cooked if you like. To do that, put the hot peppers into a food-safe paper bag, close it, and steam for 2 to 4 minutes. The skins peel right off.