

# Roasted Red Pepper and Garlic Balsamic Butter

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## **Yield: 1 cup**

*1 cup (two sticks) salted butter*  
*6 cloves roasted garlic (see instructions for roasting)*  
*2 tablespoons roasted red peppers, minced*  
*1 tablespoon balsamic vinegar*  
*1 tablespoon fresh parsley, chopped*  
*1 tablespoon honey*

## **Preparation Time: 15 minutes**

**TO ROAST THE GARLIC:** (This method will work for one or more bulbs of garlic.)

Preheat the oven to 400 degrees.

Remove any loose papery skin from the outermost area of the garlic bulb, leaving the garlic bulb covered with the tight, close-fitting skin. With a sharp knife, slice off the upper 1/4 quarter of the garlic bulb to expose the top of each clove.

In a baking dish or pan of choice, drizzle with a small amount of olive oil. Place the garlic bulbs in the pan and drizzle well with olive oil. Cover the dish with aluminum foil.

Bake in the oven for about 30 minutes until the garlic cloves are soft. Test by piercing the garlic cloves with a fork tine, the tip of a sharp knife or a toothpick.

Allow to cool before handling. Remove the individual cloves and squeeze out the creamy roasted garlic. Use immediately, or store up to three days, covered, in the refrigerator. The garlic may also be frozen, tightly covered, for several months.

**TO MAKE THE BUTTER:** Add all of the ingredients to a food processor. Process together until well blended, stopping the processor to scrape the sides as needed.

Place in an airtight container and refrigerate for at least two hours to chill and allow the flavors to blend. (It may be stored, refrigerated, for up to four days.)

Serve with crusty bread or over vegetables, chicken or fish.

**ALTERNATIVE BUTTER-LOG OPTION:** Place a large piece of plastic wrap or parchment paper (about 12 to 18 inches long) on the countertop. Place the butter in the center of the wrap. With a spatula, shape the butter into a rough "log" lengthwise on the wrap. Working from the long side of the wrap, roll the wrap tightly around the butter, shaping the log smoothly and evenly.

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Per Serving (excluding unknown items): 71 Calories; trace Fat (0.6% calories from fat); trace Protein; 19g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Other Carbohydrates.

Twist the ends of the plastic wrap tightly against the butter..

Start to Finish Time: 2 hours

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	trace
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	19g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	71mg	Fruit:	0
Calcium (mg):	9mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	908IU		
Vitamin A (r.e.):	91RE		

Nutrition Facts

Amount Per Serving		
Calories	71	Calories from Fat: 0
% Daily Values*		
Total Fat	trace	0%

		0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	

<b>Vitamin A</b>	18%
<b>Vitamin C</b>	48%
<b>Calcium</b>	1%
<b>Iron</b>	3%

*\* Percent Daily Values are based on a 2000 calorie diet.*