

# How to Roast Peppers & Onions in Olive Oil & Balsamic Vinegar

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Originating in Italy, balsamic vinegar lends a potent and robust flavor to anything it's added to. Made from sweet grapes in a process not too dissimilar to making wine, this flavorful cooking aid is perfect for lending flavor to vegetables, meats, and even fruits. While true balsamic vinegar heralds from only two regions in Italy, commercial balsamic vinegar is often used as a condiment on a variety of dishes ranging from eggs to meat. Roasting pepper and onions with balsamic vinegar and olive oil enhances the natural flavor of the vegetables, while still being relatively low in both calories and fat.



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## Step 1

Preheat the oven to 375 degrees Fahrenheit.

## Step 2

Choose peppers that are firm and show no signs of damage or discoloration. Pick peppers with varying colors to lend a color contrast to the dish making it aesthetically appealing, though this isn't necessary. Choose onions that are firm and free of damage as well.

## Step 3

Wash the peppers under running water using a paper towel to brush away any dirt.

## Step 4

Cut away the stem from the peppers with a knife and scrape out the seeds.

## Step 5

Slice the peppers into strips or chunks about 1/2 inch thick and set them into a baking dish or roasting pan.

## Step 6

Cut away the top and bottom part of the onions and peel away the papery outer layer.

## Step 7

Cut the onions into pieces similar in size to the peppers and add them to the baking dish or roasting pan.

## Step 8

Drizzle 2 to 3 tablespoons each of olive oil and balsamic vinegar over the peppers and onions.

## Step 9

Season the peppers and onions with salt, pepper and thyme, and optionally garlic and rosemary.

## Step 10

Stir the peppers and onions around the pan with wooden spoon to evenly coat them with the oil, vinegar and seasonings.

## Step 11

Place the pan into the oven and allow them to cook for 30 to 45 minutes stirring the peppers and onions every 10 minutes.

## Step 12

Remove the pan from the oven when the peppers are tender and the onions are translucent. Serve immediately.

## Things You'll Need

- Paper towels
- Knife
- Roasting pan or baking dish
- Olive oil
- Balsamic vinegar
- Seasonings
- Wooden spoon

## Tip

Small peppers and onions can be trimmed of stems and seeds and roasted whole.

## REFERENCES & RESOURCES