

# LYNCHBURG

is for 

# LOCAVORES

COOKING DEMONSTRATION WITH JEANELL SMITH  
ALL RECIPES ARE BY JEANELL SMITH



## Bell Peppers

### Roasted Red Pepper Cream Sauce

Servings: 6

- 1 14 oz. roasted red pepper, drained
- 1 8 oz. cream cheese, light, or full fat softened
- 1/2 cup(s) chicken broth, fat free, reduced sodium
- 3 garlic cloves
- 1/2 teaspoon(s) cayenne, or to taste
- 1/3 cup(s) cilantro
- 1/2 teaspoon(s) salt

#### Directions:

1. In a blender combine red peppers, cream cheese, broth and garlic until smooth
2. Pour mixture in a saucepan and bring to a simmer - about 5 minutes
3. Pour over pasta or spaghetti squash

MORE RECIPES ON THE BACK! 

## Oven Roasted Pepper

4 bell peppers (red, yellow, or orange), halved and seeded  
2 tablespoons extravirgin olive oil  
salt & pepper

### DIRECTIONS

Preheat oven to 450 degrees  
Place peppers, cut side up, on a rimmed baking sheet & drizzle with olive oil  
Season with salt and pepper  
Roast until flesh is tender and skin is blistered in spots, about 35 minutes

## Rainbow Pepper Salad

1 t Extra virgin olive oil  
2 Cloves of garlic, minced  
½ small onion, chopped  
1 each red, orange & yellow bell pepper cut into thin strips  
1 lemon  
¼ c Italian parsley  
Salt & pepper

### DIRECTIONS

**SKILLET:** Heat oil over medium heat then sauté garlic & onions for 30 seconds  
Add peppers & cook until just warmed through  
Toss with the juice of 1/2 lemon, some chopped parsley, and salt and pepper

## Roasted Red Pepper & Cannellini Dip

1/4 cup(s) basil, fresh, **CHOPPED**  
1 teaspoon(s) balsamic vinegar  
16 cannellini beans, **RINSED & DRAINED**  
7 ounce(s) roasted red peppers, **RINSED & DRAINED**  
1 large garlic clove, **MINCED**  
2 tablespoon(s) olive oil, extra virgin  
1/2 teaspoon(s) salt  
1/2 teaspoon(s) black pepper, fresh ground

### Directions:

**FOOD PROCESSOR:** Combine basil, vinegar, beans, red peppers & garlic - process until smooth  
While running, slowly add the oil through the chute  
Stir in s & p to taste

**YIELD:** 8 servings Serving size 1/4 C

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS  
TO PREPARE OUR SPOTLIGHTED ITEM: POTATOES!



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