

RECIPES

Romesco Sauce

Made primarily with superfoods, this is one of the worlds healthiest sauces, and it is a snap to prepare! In Spain there are many versions of romesco sauce. Sometimes it is made with roasted red peppers, sometimes with tomatoes, and sometimes breadcrumbs are added. This one, which uses smoke-infused chipotle chiles, is delicious on seafood, beef, poultry, vegetables, makes a nice substitute for mayonnaise dressings, sandwich spreads or aioli, and is delicious on omelets and scrambled eggs, or as a cocktail sauce for shrimp and crabmeat.

Learn more about the [nutrition information](#) provided below.

Yields : 14-16 one tablespoon servings

Nutrition (*per serving*)*

Calories - 60 mg
Total Fat - 6 g
 Saturated Fat - 1 g
 Trans Fat - 0 g
Cholesterol - 0 mg
Sodium - 60 mg
Total Carbohydrates - 1 g
Dietary Fiber - 0 g
Sugars - 0 g
Protein - 1 g

Ingredients

1 cup cherry tomatoes
2 tablespoons almonds
3 garlic cloves, peeled
1 small to medium canned chipotle chile pepper, seeded and chopped
Heaping ½ teaspoon salt
1 tablespoon sherry vinegar (or lime or lemon juice for use with seafood)
1/3 cup olive oil
3/4 teaspoon hot pimentón (hot, smoked paprika, or substitute mild pimentón, regular paprika or chile powder)
2 tablespoons parsley, minced

Directions

1. Sear the tomatoes, almonds and garlic. Heat a skillet over medium high to high heat until it is very hot. Place the tomatoes, almonds, and garlic in the ungreased skillet and cook, stirring frequently, until the tomatoes are blackened, cooked through and just starting to deflate. Do not worry if the nuts and garlic appear burned; that just enhances the flavor!

2. Complete the sauce. Place the seared items in a food processor, add the remaining ingredients and process in pulses until the sauce is thick but still has some texture.