

Jelly surprise

An easy, tasty and creative main dish



Main Dish

20 min

Total time

Easy

Difficulty

223

kcal / serving

Ingredients

- 4 tablespoons of jelly
- 1/4 cup of diced onion
- 1/4 cup of diced red bell pepper
- 1/4 cup of diced green bell pepper
- 2 tablespoons of olive oil
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of garlic powder
- 1/2 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/4 teaspoon of oregano
- 1/4 teaspoon of sea salt
- 1/8 teaspoon of black pepper

Steps

- 1 Preheat the oven to 375F.
- 2 In a medium bowl, combine the jelly, onion, bell pepper, olive oil, onion powder, garlic powder, cumin, chili powder, oregano, sea salt, and black pepper.
- 3 Spread the mixture onto a baking sheet and bake for 15 minutes, stirring halfway through baking.
- 4 Serve over cooked quinoa, couscous, or farro for a delicious and complete meal.