

Blistered Shishito Peppers

Ingredients

- 6 ounces Shishito peppers (~20 peppers)
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon coarse sea salt
- *Optional: toss with garlic powder after cooked*

Nutrition Tip:
Shishito peppers are mildly sweet and a great source of vitamin C! Eat them as a snack or side dish!



Directions

Wash Shishito peppers with water. Make sure they are very dry if you want them a little crispy! In a medium bowl, toss together peppers and olive oil until lightly coated. Can add more oil if needed.

Heat a large skillet or pan over medium-high heat until hot. Transfer to the skillet and cook, stirring occasionally, until peppers are beginning to char (brown/blacken) and soften, about 5 minutes. Transfer to a serving dish and sprinkle with salt (and/or garlic powder). Serve immediately.

Tip: can also cook in oven at 400 F for 6-7 minutes.

Recipe adapted from www.wholefoodsmarket.com/recipe/blistered-shishito-peppers

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